

# Portage Senior Center December 2013 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Out-to-Dinner, Craftsman Chop House 5:00 PM <b>2</b>  <i>Trip: A Smokey Mountain Christmas</i>	West Michigan Glass Ornaments Class 10:00 AM <b>3</b>  <i>Trip: A Dazzling World of Lights</i>	QiGong 7:00 PM <b>4</b> Loaves & Fishes Bag Collection	Loaves & Fishes Bag Collection <b>5</b> Foot Clinic by appt 12:30-4:00	Loaves & Fishes Bag Folding <b>6</b>  <b>7</b> Cards, Coffee, Conversation 2:00 PM
1:15 PM Big Screen Movie: "Christmas Lodge" <b>9</b>	Out-to-Breakfast, Café Meli (Formerly Callahan's) 8:30 AM <b>10</b>  <i>Trip: Sanfilippo Christmas Concert</i>	Reader's Theatre 2:00 <b>11</b>	Foot Clinic by appt 12:30-4:00 <b>12</b> Holiday Potluck 1:30 PM	<b>13</b>
1:30 iPad Demo <b>16</b>	Friends Board Meeting 8:00 AM <b>17</b> T'ai Ji 8:30 AM * Holiday Lunch, 11:45 AM	Advisory Board 2:30 <b>18</b>	Out-to-Lunch, Bob Evans 11:30 AM <b>19</b> Foot Clinic by appt 12:30-4:00	<b>20</b>  <b>21</b> Cards, Coffee, Conversation 2:00 PM
<b>23</b>	<b>24</b>	<b>25</b>  CLOSED FOR CHRISTMAS	Foot Clinic by appt 12:30-4:00 <b>26</b>	<b>27</b>
Zumba Gold 5:00 PM* <b>30</b>	<b>31</b>			

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

# Portage Senior Center January 2014 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CLOSED FOR NEW YEAR'S DAY	2 AARP Tax Assistance – Appointments Begin Foot Clinic by appt 12:30-4:00	3 4 Cards, Coffee, Conversation 2:00 PM
6 Body Rebound 10:30 AM* Out-to-Dinner, Fieldstone Grill, 5:00 PM	7	8 Reader's Theatre 2:00 Loaves & Fishes Bag Collection	9 Laptop Intro to Office *10:00 AM New Member Orientation 10:30 AM Foot Clinic by appt 12:30-4:00 PM Loaves & Fishes Bag Collection	10 Loaves & Fishes Bag Folding
13 Enhance Fitness 8:30 AM* 2:15 Big Screen Movie: "Alone in the Wilderness"	14 Out-to-Breakfast, Blue Dolphin, 8:30 AM	15 Strength & Stretch 9:30 AM* Advisory Board 2:30	16 Out-to-Lunch, Summer Thyme Café, 11:10 AM Foot Clinic by appt 12:30-4:00	17 18 Cards, Coffee, Conversation 2:00 PM
20 Vegetarian Cooking Demonstration, 1:30-3:30 PM	21 Friends Board Meeting 2:30	22 Reader's Theatre 2:00	23 Foot Clinic by appt 12:30-4:00	24
27	28	29	30 Foot Clinic by appt 12:30-4:00	31

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

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

### Monday

8:30 Enhance Fitness  
 9:30 Strength & Stretch  
 9:30-11:30 Relaxed Pace Bridge  
 10:00 Trip Committee (3rd)  
 10:30 Body Rebound  
 11:45 Lunch  
 1:00 Art Club  
 1:15 Big Screen Movie (see calendar)  
 1:30 Cribbage  
 1:30 Canasta  
 3:30-4:45 Ping Pong  
 5:00 Zumba Gold  
 5:00 Out to Dinner (1st)

### Tuesday

8:30 Out to Breakfast (2nd)  
 8:30-9:30 T'ai Ji  
 12:30 4:30 Billiards  
 9:00 Van Shopping  
 9:30-2:30 Trip Office Open  
 10:00 Wii Bowling  
 9:30 Walkers with Walkers (Crossroads Mall)  
 10:30-12N Recycled Cards  
 11:00 SilverSneakers Splash  
 11:45 Lunch  
 12:30 Bridge  
 1:00 Mah-Jongg  
 1-2:30 Yoga  
 1-3:00 Woodcarving  
 1:00 Chair Volleyball  
 3-4:30 Band Practice  
 6:30 Bid Euchre & Other Cards  
 6:30 Just for Fun Poker (2nd)  
 7:00 Alzheimer's Association Support Group (3rd)

### Wednesday

8:30 Enhance Fitness  
 9:30 Strength & Stretch  
 9:30-11:30 Relaxed Pace Bridge  
 10:30 Reminiscence Writing  
 10:30 Body Rebound  
 11:30 Strength Training  
 12N Portage Rotary, no lunch today  
 1:45-4:45 Euchre  
 2:00 Reader's Theatre (2nd & 4th)  
 7:00 QiGong

### Thursday

9-11:00 Blood Pressure Clinic (2nd)  
 9-12N PSC Needlers  
 9:30 Choir Practice  
 9:30 Strength & Stretch  
 9:00 Van Shopping  
 9:30 Walkers w/Walkers (Crossroads Mall)  
 11:00 SilverSneakers Splash  
 11:30 Out to Lunch (3rd)  
 11:45 Lunch  
 12:30 - 4:45 Billiards  
 12:15 - 4:00 Foot Clinic by appointment  
 3:30-4:45 Ping Pong

### Friday

8:30 Enhance Fitness  
 10-12:00 Computer Tutoring with Gordon  
 9:30-2:30 Trip Office Open  
 10:30 Body Rebound  
 11:45 Lunch  
 12:30-4:45 Billiards  
 1:00 Sisterhood (2nd)  
 1:00 Scrabble (1st & 3rd) (Quarterly)  
 1:00 Bridge  
 1:00 Dominoes (2nd & 4th)  
 1-4:00 Quilting (walk-in)

### Saturday

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

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

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

#### Super Books – Fundraiser!

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

#### Wish List

Regular Coffee and for the Senior Perks Coffee Bar  
 Regular Coffee, Facial Tissue

#### Thanks to the following members who donated coffee bar and kitchen supplies:

Mary Lou Sanderson  
 Shirley Ray  
 Roger Latvala  
 Diane Schaeberle  
 Sandy Rodio  
 Chuck Pasco  
 Dorothy Criss  
 Shirley Kury  
 Michael Johncock