

# Portage Senior Center June 2013 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Cards, Coffee & Conversation 2:00
Out-to-Dinner, Michelle's on Romance, 5:00 <b>3</b>	<b>4</b>	Loaves & Fishes Bag Collection <b>5</b>	AARP Driver Safety 9-4:00 PM <b>6</b> Loaves & Fishes Bag Collection	Loaves & Fishes Bag Sorting <b>7</b>
			<b>TRIP: Titanic Exhibition</b>	<b>TRIP: Maine</b>
Book Club 10:00 <b>10</b> Silver Splash at the Y 11:00* French Club 11:00 Big Screen Movie, <i>Gifted Hands, the Ben Carson Story</i> , 1:15	Out-to-Breakfast, Uncle Ernie's on Portage Rd. 8:30 <b>11</b>	Readers' Theatre 2:00 Intro to Portraiture* <b>12</b>	Happy Healthy Memory 1:00* <b>13</b> <b>Friends of the PSC, Dining to Donate - Texas Roadhouse, get your flyer at the Reception Desk</b> Cochlear - Hearing Presentation, 5:00 PM	Blood Pressure Clinic 9:00 <b>14</b> Sisterhood meets at Main St Pub, 1:00
			<b>TRIP: Gatlin Brothers</b>	<b>15</b> Cards, Coffee & Conversation 2:00
Friends Board Meeting 8:00 <b>17</b> Strength & Stretch 9:30* <b>Old Glory, The Story of Our American Flag, 1:30</b> Pot Luck 5:30	<b>18</b>	Laptop Intro to Office 10:00* <b>19</b> Reminiscence Writing 10:30* Advisory Board Meeting 2:30	Out-to-Lunch, Red Lobster, 11:30 <b>20</b>	Fused Garden Stake Class 10:00 <b>21</b> Body Rebound 10:30*
	<b>TRIP: Cherries, Chords, Castle &amp; Cruise</b>			<b>TRIP: Murder Mystery Dinner Train</b>
<b>24</b>	Yoga at St Catherine's 1:00* <b>25</b>	Readers' Theatre 2:00 <b>26</b>	Cooking Demo, Picnic for the Park, 1:30 <b>27</b>	<b>28</b>

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

# Portage Senior Center July 2013 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Grocery Bingo 1:30</b> <b>1</b> Out-to-Dinner, Theo & Stacy's on Portage Road, 5:00 Zumba Gold 5:00 PM*	<b>2</b>	Enhance Fitness 8:30* <b>3</b> Loaves & Fishes Bag Collecting	<b>4</b>  <b>CLOSED IN OBSERVANCE OF INDEPENDENCE DAY</b>	Loaves & Fishes Bag Sorting <b>5</b>  <hr/> <b>6</b> Cards, Coffee & Conversation 2:00
Book Club 10:00 <b>8</b> French Club 11:00 Big Screen Movie, <i>Secondhand Lions</i> , 1:15	Out-to-Breakfast, Nina's Café on W. Main 8:30 <b>9</b>	Portraiture Two 1:00* <b>10</b> Readers' Theatre 2:00 QiGong 7:00 PM*	Blood Pressure Clinic 9:00 <b>11</b> <b>New Member Orientation 10:30</b> Happy Healthy Memory 1:00*	Sisterhood meets at the PSC, 1:00 <b>12</b>
Friends Board Meeting 8:00 <b>15</b>	Pot Luck 5:30 <b>16</b>	Advisory Board Meeting 2:30 <b>17</b>	Out-to-Lunch, University Road House, 11:30 <b>18</b>	<b>19</b>  <hr/> <b>20</b> Cards, Coffee & Conversation 2:00
<b>22</b>	T'ai Ji 8:30* <b>23</b>	Readers' Theatre 2:00 <b>24</b>	<b>Cooking Demo, Summer BBQ, 1:30</b> <b>25</b>	<b>26</b>  <div style="border: 1px solid black; padding: 5px;"> <p><b>Pick up your Hardings EScript card at the front desk – present it at the check out when you shop at Hardings and they will donate to the PSC! It doesn't cost you anything but one second to scan!</b></p> </div>
<b>29</b>	<b>30</b>	<b>31</b>  <div style="border: 1px solid black; padding: 5px;"> <p><b>Super Books are on sale NOW at the Portage Senior Center!</b></p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p><b>Wish List</b>                      Cookies for the Senior Perks Coffee Bar                      Postage Stamps                      Gray cardstock</p> </div>	

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

8:35 Enhance Fitness  
 9:30-11:30 Relaxed Pace Bridge  
 10:00 Trip Committee (3rd)  
 10:00-12N Computer Tutoring  
 with Gordon  
 10:30 Body Rebound  
 11:30 Strength Training  
 11:45 Lunch  
 1:00 Art Club  
 1:15 Big Screen Movie (see  
 calendar)  
 1:15 Canasta  
 1:30 Cribbage  
 3:30-4:45 Ping-pong  
 5:00 Out to Dinner (1st)  
 5:00 Zumba Gold  
 5:30 Potluck (3rd)  
 6:30 Pinochle/Cards

### Tuesday

8:30 Out to Breakfast (2nd)  
 8:30-9:30 Tai Ji  
 12:30-4:30 Billiards  
 9:00 Mini Bus Shopping  
 9:30-2:30 Trip Office Open for  
 business  
 10:00 Wii Bowling  
 9:30 Walkers w/Walkers  
 (Crossroads Mall, Carousel  
 at Food Court)  
 10:30-12N Recycled Cards (1st,  
 3rd, 4th)  
 11:00 Silver Splash  
 11:45 Lunch  
 12:30 Bridge, Gallery  
 1:00 Mah-Jongg  
 1-2:30 Yoga  
 1-3:00 Woodcarving  
 1:00 Chair Volleyball  
 3-4:30 Band Practice  
 3:30 Hand Chimers  
 6:30 Bid Euchre & Other Cards  
 6:30 Just for Fun Poker (2nd)  
 7:00 Alzheimer's Association  
 Support Group (3rd)

### Wednesday

8:30 Pedalers  
 8:35 Enhance Fitness  
 9:30-11:30 Relaxed Pace Bridge  
 10:00 Laptop Intro to Office  
 10:30 Reminiscence Writing  
 10:30 Body Rebound  
 11:30 Strength Training  
 12N Portage Rotary, no lunch  
 today  
 12:30 - 4:45 Billiards  
 1:45-4:45 Euchre  
 2:00 Readers Theatre (2nd &  
 4th)  
 7:00 Qigong

### Thursday

9:00 Social Golf @ States  
 9-11:00 Blood Pressure Clinic  
 (2nd)  
 9-12N PSC Needlers  
 9:30 Choir Practice  
 9:00 Mini Bus Shopping  
 9:30 Walkers w/Walkers  
 (Crossroads Mall, Carousel  
 at Food Court)  
 11:00 Silver Splash  
 11:30 Out to Lunch (3rd)  
 11:45 Lunch  
 12:30 - 4:45 Billiards  
 12:15 - 4:00 Foot Clinic by  
 appointment  
 1:00 Pinochle Single Deck  
 3:40-4:45 Ping Pong

### Friday

8:35 Enhance Fitness  
 10-12:00 Computer Tutoring  
 w/Gordon Heikkila  
 9:30-2:30 Trip Office open for  
 business  
 10:30 Body Rebound  
 11:45 Lunch  
 12:30-4:45 Billiards  
 1:00 Sisterhood (2nd)  
 1:00 Scrabble (1st & 3rd)  
 1:00 Project Enhance: Diabetes  
 Education (1st)  
 1:00 Bridge  
 1:00 Dominoes (2nd & 4th)  
 1-4:00 Quilting (open)

### Saturday

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

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

**Portage Pedalers** meet Wednesday mornings, see the  
 receptionist for a listing of planned rides

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.

#### Bag Recycling Update

We will no longer be accepting bags for Loaves and Fishes on  
 any day other than the scheduled days allotted each month. We  
 are receiving used grocery bags by the trunk-load (literally) and  
 have no place to store them. Recycled bags are taken on the  
**first Wednesday and Thursday of each month, only.**

#### Hearing Presentation

Are you wondering what options are available for  
 improved hearing? Come to Dr. Raedy's presentation at the  
 Senior Center, Thursday night, June 13, at 5 PM.

#### Thank you for donations of coffee bar supplies:

Chuck Pasco  
 Fran Essex  
 Chuck Pasco  
 Diane Schaeberle  
 Roger Latvala  
 Ruth Minert  
 Mike Johncock  
 Shirley McKinney  
 Shirley Kury