

June/July 2013



Portage Senior Center Newsletter

Thanks a Latte!

PSC Volunteer Recognition—A Perfect Blend

The Annual Volunteer Recognition Event was a big success with a delicious breakfast, pleasant entertainment, and great attendance from our cherished volunteers at Portage Senior Center. We extend

much gratitude to owner Mike Leeuw, president of EMA Enterprises, for donating a wonderful buffet breakfast at Michelle's Restaurant on Romence Road in Portage. By popular demand, wandering

minstrels, Tom McCoy and Lynette Baber, serenaded each table with musical favorites. The mayor of Portage, Peter Strazdas, and city council member, Jim Pearson, attended the event, conversing among

our senior volunteers and joining the PSC in appreciating nearly 24,000 volunteer hours in 2012. "A latte" work by volunteers who are the perfect blend!



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A Message from the Deputy Director

Here's to all volunteers, those dedicated people who believe in all work and no pay.

~Robert Orben



Mayor Peter Strazdas with volunteers Lydia Garcia, Mary Kay Campbell and Dorothy Brown.

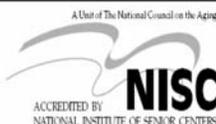
Dear Volunteers:

On behalf of the City of Portage, I want to take this opportunity to express our sincere appreciation to over 200 volunteers who generously give well over 2,000 hours each month toward the betterment of the Portage Senior Center. Words do not adequately express our gratitude for the many things you do that could not possibly be accomplished otherwise. Without our treasured volunteers, the Portage Senior Center would not be the vibrant, innovative and purposeful place it is. You have made the PSC a place where people gather, make enduring friendships, learn, create, travel, laugh, receive support and become leaders in the community. You rise to the challenge. As one of our volunteers said recently, "I got duped into this (position) and never left." How grateful we are that people are often willing to step out of their comfort zones to make this truly a special place.

Sincerely,

Jill Hess
Deputy Director of Recreation
and Senior Citizen Services

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



Your Membership Matters –

These quarterly meetings are designed for open exchange between Deputy Director, Jill Hess, and PSC Members. During the meeting on March 26, Jill and Kimberly Middleton, Chairperson of the Friends of the PSC, covered the following topics:

- Brief introductions, purpose of the Advisory and Friends boards defined
- Dining to Donate events discussed
- Procedure to file complaints and compliments presented
- PSC policy regarding coffee distributed
- Annual Fund Drive update delivered
- Methodology for decision making outlined
- Special Event Lunches (improving)
- Bits of Business events – participation urged
- Membership suggestions included partitioning and improved lighting in the Multi Purpose Room

Your suggestions, concerns and questions are welcome.

Book Club

2nd Monday, 10:00 AM

The Book Club will meet on the 2nd Monday of the month from 10:00 AM – 11:00 AM. Are you searching for the next best book to read and discuss? Check the PSC bulletin board for the book of the month to read and discuss at the next meeting. Leader is Ann Perkins.

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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Monifa Jumanne

Ruth Ann Meyer

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Johanna Thompson

Receptionist

Megan Donahue

**The Portage Senior Center is open
Monday thru Friday,
8 AM to 5 PM to serve you!**

Art Club

Monday, 1 – 3 PM

The PSC Art Club offers budding and/or 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!

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 us; we have fun!

French Club

2nd Tuesday, 11 – 12 noon

Come join us! Whether you are French, a French speaker, or simply a lover of French culture, all 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 the previous business day by noon is required for this activity. All meals are self-pay. Hosts: Hal and Shirley Ray.

June

Dinner

Monday, June 3, 5:00 PM
Michelle's
677 Romence Road

Breakfast

Tuesday, June 11, 8:30 AM
Uncle Ernie's
4005 Portage Road

Lunch

Thursday, June 20,
11:30 AM
Red Lobster
6535 S. Westnedge

July

Dinner

Monday, July 1, 5:00 PM
Theo & Stacy's
5225 Portage Road

Breakfast

Tuesday, July 9, 8:30 AM
Nina's Cafe
1710 West Main

Lunch

Thursday, July 18,
11:30 AM
University Road House
1350 W. Michigan

Golf League - Social

Thursdays, May 2 – September 12

9 AM at States Golf Course

The PSC Social Golf League offers the best of league golf for men and women. We have a weekly reserved schedule every Thursday morning beginning at 9:00 AM at States Golf Course in Vicksburg. It 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 men and women members of the PSC. Greens fees are \$10, with half-cart for \$5. At the end of the season, we will have end with a scramble followed by a luncheon at the golf course.

Loaves and 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 the sorting of the bags on the 1st Friday of the month. Please do not bring bags into the Center on other days of the month as we have no place to store them.



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- Transportation/Dr. Appointments
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- Relief Care for Family Members
- Personal Care Bathing/Dressing
- Alzheimer's and Dementia Care
- Meal Preparation
- Medication Set Up/Monitoring
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- 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.

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Needlers

Thursdays, 9:00 AM – 12 Noon

The PSC Needlers are constantly knitting and crocheting and donating completed projects to various community agencies. One project just started 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.

Portage Pedaler's Biking Club

Wednesdays, 8:30 AM

All members or interested members are welcome. The club rides at 8:30 AM from the PSC on Wednesday mornings beginning May - October. Helmets are required. Stop in to the Center for a schedule. For more information, you may leave your name and number for our group leader, Bob Strader, and he will contact you.

Recycled Cards

Tuesdays 10:30 AM

We invite you to join the Recycled Cards group that meets every Tuesday of the month. 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."

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. A couple of times per year we meet as a total group 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 demos at Wedels, teas, craft time and other fun events. On April 25th the Red Hat Society celebrated 15 years of being in existence. 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 the PSC or Marie Tucker at 375-2104. Our official attire is a purple outfit with a Red Hat. Bling is optional.

Cooking Demonstration "Picnic for the Park"

Thursday, June 27, 1:30 PM

Fee: \$1 registration

Come and join Head Chef Roger from Tendercare Portage for an afternoon of cooking and demonstration of foods you can make and take this summer for a healthy easy picnic, from the main course, dessert, and what bottle of wine to top it off. Registration deadline is Tuesday, June 25.



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Cooking Demonstration "Summer BBQ"

Thursday, July 25, 1:30 PM

Fee: \$1 registration

Want some good ideas on Summer BBQ cooking? You will want to join Head Chef Roger from Tendercare Portage for a summer BBQ cooking demonstration. Registration deadline is Tuesday, July 23.

Big Screen Movie

Monday, June 10, 1:15 PM

"Gifted Hands, the Ben Carson Story"

Oscar winner Cuba Gooding Jr. (Actor in a Supporting Role, Jerry Maguire, 1996) stars in this true story about a renowned brain surgeon who overcame obstacles to change the course of medicine forever. Young Ben Carson didn't have much of a chance. Growing up in a broken home amongst poverty and prejudice, his grades suffered and his temper flared. And yet, his mother never lost her faith in him. Insisting he follow the opportunities she never had, she helped to grow his imagination, intelligence and, most importantly, his belief in himself. That faith would be his gift - the thing that would drive him to follow his dream of becoming one of the world's leading neurosurgeons.

Not rated. Closed-captioned. 90 minutes.

View the movie for free; 50 cents for popcorn.



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.

June 14, Friday

Time: 1:00 PM

Event: Lunch

Site: Main Street Pub,
7509 Westnedge

Hostess: Clara Schnyders

July 12, Friday

Time: 1 - 2:00 PM

Event: Sisterhood Birthday
Party (bring wrapped item for
white elephant bingo prize)

Site: PSC

Hostess: Lilly Huff &

Shirley Ptacek

Big Screen Movie

Monday, July 8, 1:15 PM

"Secondhand Lions"

For young Walter, (Haley Joel Osment), being stuck on his "crazy" uncles' farm is the last place on earth he wants to spend the summer. First, shocked by their unconventional behavior, including ordering an African lion through the mail, Walter soon gets caught up in their mysterious past. The rumors that his uncles (Academy Award winners Robert Duvall and Michael Caine) were bank robbers or maybe even worse are hard to believe, but they do seem to have an endless supply of cash! Little by little, an amazing story comes to life - filled with adventures in exotic lands involving kidnapped princesses, Arabian sheiks and lost treasure. These tales not only bring him closer to his uncles but also teach him what it means to believe in something...whether it's true or not.

Rated PG. Closed-captioned. 110 minutes.

View the movie for free; 50 cents for popcorn.

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Grocery Bingo

Monday, July 1, 1:30 PM

Free to members (\$5.00 non-members)

Back by popular demand and hosted by Absolute Home Care! Bring your lucky rabbit's foot, 4-leaf clover, or whatever it takes to just win! This event will have a variety of games, grocery prizes, and witty commentary! For the grand grocery bingo finale, we will do a *cover all* and the winner gets the bag. Registration deadline is Monday, June 24.

New Member Orientation

Thursday, July 11, 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.

"Old Glory"

The Story of Our American Flag

Monday, June 17, 1:30 PM

Our flag is a universal symbol of freedom and a source of great pride for millions of Americans. In this presentation, attendees will learn about the origin of the flag and the meaning behind its design. You will also hear about Francis Scott Key's *Star-Spangled Banner* and the famed flag that inspired his pen. All participants will receive a free mini-US flag at the conclusion of the presentation. This event is sponsored by Langeland Family Funeral Homes and our presenter is Lee Simpson. Registration deadline is Friday, June 14.

Super Books – Fundraiser!

The Super Book is a locally published coupon book that is a local guide to restaurants, museums, sports, theatre, golf, bowling, car services and other special offers! If you purchase your Super Book (\$40) at the Portage Senior Center, the Center gets a commission on every book sold. Last year we raised \$1,000 and this year we hope to raise \$1,200!



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Potlucks

April – October

3rd Monday of the Month @ 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. 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.

June Potluck

Monday, June 17, 5:30 PM

July Potluck

Monday, July 15, 5:30 PM

Room Use

Over 100 PSC members and guests attend a broad variety of services, clubs and classes on a daily basis. Believe it or not, all of this activity takes place in five rooms. Hours of scheduling and careful planning are invested in this endeavor by our part time PSC Program and Volunteer Coordinator, Denita Demler, and front desk reception volunteers. While we try to accommodate the needs and preferences of our patrons, we find ourselves challenged to meet the expectations of all our clubs and groups. We ask your patience and cooperation during those occasional, unavoidable displacements.

This timely topic has come to the attention of the PSC Advisory Board, who will be making recommendations regarding room use policy and procedures. We welcome your comments and suggestions. If you would like to weigh in on this issue, or have other comments, please use the comment cards near the front entrance.

Exceptional service is our goal and we need your help in sustaining this standard.

Jill Hess

Deputy Director of Recreation
and Senior Citizen Services



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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

Laptop Introduction to Office (new format)

Wednesday, 10 AM - 12 PM

May 1 to June 12

June 19 - July 31

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 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. PSC Members only. Come in to register at the Center. Day/Time/Instructor

Mondays - beginning May 27

10 AM - 12 PM

Gordon H.

Monday 12 PM - 1 PM

Paul S.

Wednesday 12 PM - 1 PM

Paul S.

Friday 10 AM - 12 PM

Gordon H.

AARP Driver Safety Class

Thursday, June 6,

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.



Fused Garden Stakes

West Michigan Glass Class

Friday, June 21, 10 AM

Fee: \$35/\$45 non-members

Create two personalized glass stakes for your houseplants and garden. You will learn to cut glass and how to use glass paints to personalize your stakes with words and designs. You will receive a small packet of sparkly dichroic glass to give your plant stakes a little bling! This class requires a minimum of 8 participants and a maximum of 12 with registration deadline of June 14.

Introduction to Portraiture

Wednesday, 1 PM - 3 PM

June 12 - July 3 (4 weeks)

Fee: \$40/\$50 non-members

Instructor: Rae Sills

This class teaches the correct approach to accurate drawing. Therefore, it is the perfect class for the beginner and a good refresher for the more experienced student. The student will start with a simple framework and be given tools that will ease them into the process. Rae will provide the photograph for the first two weeks, then the students can use their choice of photographs. The medium is pencil. The supply list can be picked up at the front desk when registering. Registration deadline is Wednesday, June 5.

Portraiture Two

Wednesday, 1 PM - 3 PM

July 10 - July 31

Fee \$40/\$50 (4 wks)

Instructor: Rae Sills

This class is for students who have either taken Introduction to Portraiture or just would like guidance in a portrait. The student is free to work in other mediums other than pencil. Sign up deadline: Wednesday, July 3.

Classes cont. on page 8



Jody Bernhardt
Mrs. Michigan America 2006

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Pageant

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Classes cont. from page 7

Body Rebound

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

April 24 - June 19

June 21 - August 9

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**

May 8 - July 1

(no class May 27)

July 3 - August 21

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
(formerly PSC Writing
Group)**

Wednesday,

10:30 AM - 12 PM

May 1 - June 12

June 19 to July 31

Fee: \$30/\$40 (7 weeks)

Instructor: Wilma Kahn

Write about reminiscences old and new. Topics include ancestors, childhood, schooldays, adulthood, military service, career, chil-

dren, grandchildren, pet peeves, travels, current events - whatever we want to write about. Researchers say that reminiscence writing can stimulate and improve the memory, provide a pleasing mental challenge, and pass down wisdom to the next generations. In addition, 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 and has an MFA in Creative Writing and a DA in English.

Qigong

Wednesday, 7 PM - 8 PM

May 15 - July 3 (no class June 12)

July 10 - August 21

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. Qigong exercise has improved the functioning of the immune system, circulation and central nervous system for millions of people all over

the world. The class will be taught by Ed Kehoe who has been teaching Tai Chi and Qigong full time for over 6 years and has been studying these methods for over 20 years.

Silver Splash

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

April 23 - June 6

June 10 - July 24

Fee: \$60 PSC members*
7 weeks

Location: Portage YMCA -
2900 W. Centre

Silver Splash is an aquatics-based exercise program designed to help build strength and increase range of movement. This class is made possible as a result of a special partnership between the PSC and Portage YMCA. Participants must register at the YMCA, and will need to present this class flyer or your badge upon registra-

tion. *The YMCA will charge a \$5 "Late registration fee" for any enrollments less than one week prior to scheduled start date.

**Strength & Stretch -
New class**

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

April 22 - June 17 (no class May 27)

June 19 - August 5

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

Instructor: Joy Morris

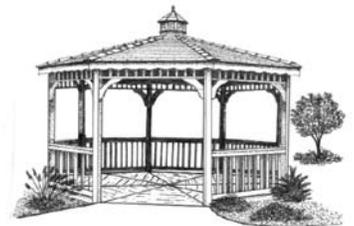
Location: PSC

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 and an exercise mat.

Classes cont. on page 9

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Classes cont. from page 8

T'ai Ji

Tuesday, 8:30 AM - 9:30 AM

May 28 - July 16

July 23 - September 3

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.

Yoga

Tuesday, 1 PM - 2:30 PM

April 30 - June 18

June 25 - August 13

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. The results are a personal experience of

joyfulness, peace and balance through out the whole being. Participants are asked to bring an exercise mat.

Zumba Gold

Monday, 5 PM - 6 PM

February 11 - April 1

April 8 - June 24 (no class April 15, May 20, May 27)

July 1 - September 2 (no class July 15 or August 19)

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

Instructor: Gretchen Pouliot

Gretchen is our newest instructor and excited to teach at the PSC. She has

taught for six years throughout the area. 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. Participants feel energized, happy, and

younger during and after class. The aim is to provide

a safe and effective workout, and to celebrate the joy of dance and

inspiring music with others.

Memory Club

Stay Independent -

Prevent Memory Loss

2nd Thursday of every month

1 PM - 2:30 PM

Session 1: June 13

Session 2: July 11

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 up to 70%! Don't let your memory just slip away.

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Diabetes Support Group

Quarterly (January, April, July, October))

Friday, July 19, 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.

Hearing Screenings

3rd Tuesday - Quarterly (January, April,

July, October)

Tuesday, July 16

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).



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.

(269) 372-6100

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www.NewFriendsMemoryCare.com

alzheimer's association®

Know the Ten Signs – Early Detection Matters!

Tuesday, June 11th, 2013 6 – 7:30 PM

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people living with Alzheimer's disease, addresses the ten warning signs and what to do if you observe them in yourself or someone you know. Presented by Barbara Swartz, Program Director of the Alzheimer's Association, Michigan Great Lakes Chapter at the Portage Senior Center. *Light refreshments will be served courtesy of New Friends Memory Care and Assisted Living.*

Don't take chances with your vision



Zachary J. Hickner, MD

Dr. Singer is proud to announce our newest physician, Zachary J. Hickner, MD. Dr. Hickner is a native Michigander who completed his medical school training at Michigan State University.

He then served his residency in ophthalmology (disease and surgery of the eye) at Wayne State University's Kresge Eye Institute in Detroit.

Dr. Hickner is a fully-trained ophthalmologist, up-to-date in all the latest eye care techniques, surgeries and laser treatments. We participate with all major insurances and Medicare; and are accepting new patients.

Call for an appointment today!



345-1121

1906 West Milham Avenue (6 doors East of Oakland), Portage

Volunteer – Pen Pals/Partners Wrap Up

This year has been another great success for Pen Pals and Partners! We wrapped up with two wonderful celebrations, including the Partner’s Potluck here at the senior center, and the “Meet Your Pen Pal” end of the year party at Angling Road School. It has been an excellent opportunity to work with these intergenerational programs and to see all participating volunteers dedicate their time to building positive, meaningful relationships with youth. I am so thankful for my experience working with a group of volunteers who always bring great energy and enthusiasm. I have thoroughly enjoyed getting to know all of you and I appreciate all the support that has been offered in the management of these two programs. Looking forward to new ideas and participation for the future!

-Megan
WMU Social Work Intern

Thank you, Kiosk Mentors!!

We would like to thank the Kiosk Mentors and Afternoon Receptionist for stepping up to volunteer to help our members check in for two hours once a week. We have had volunteers assisting at the member check in system (MySeniorCenter) for the months of March and April. Not only did we have member volunteers but our afternoon receptionists did a phenomenal job of assisting the members. We are still working out the kinks of our new system so please have patience with us.

Greeters

We are looking for volunteers that may want to work as a Greeter in the front lobby area. Responsibilities would be greeting people as they come in to the center, sharing information about the center and assisting at the membership kiosk. The shifts would be 9 – 11:00 AM and 11 – 1:00 PM, Monday through Friday. If you enjoy working with people, this would be a perfect job for you!

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Patio Garden Volunteers

We are looking for 2 – 3 volunteers who would commit to keeping our patio-area garden beautiful through the summer months. This job would consist of weeding, watering and general upkeep of the existing garden area. If you enjoy getting your hands dirty, then this is the job for you!

Coffee Bar Hostesses

We are looking for volunteers to assist at the coffee bar two times a month from 9 – 11:00 AM, various days available. Job would consist of making coffee (provided by PSC) and bringing in treats.

Free Estate Planning Workshop

Learn how to:

- Protect you assets for your spouse and kids
- Access the care you need
- Avoid nursing home poverty
- Pass assets to your kids and protect them from creditors, lawsuits and divorce.

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Welcome New Members

between March 5 and April 22

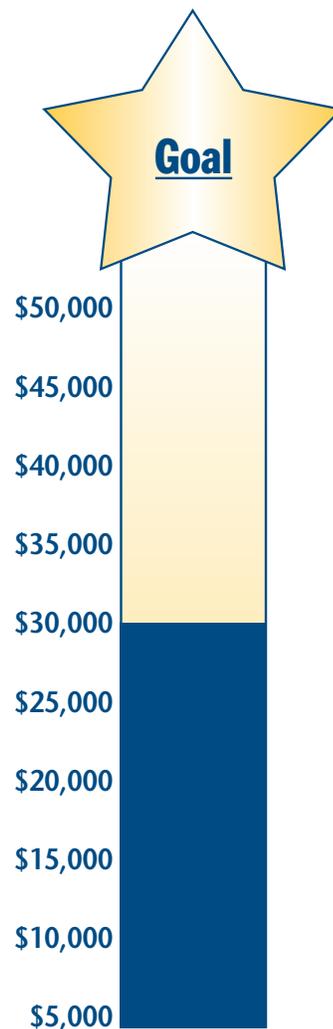
Judy Kadlecek
 Frank McCarthy
 Ralph Deal
 David Rafferty
 Al Barney
 Nancy Norton
 James Woodhams
 Hugh Lynch
 Faythe Cerutti
 Kathleen Izenbaard
 Margaret Newhouse
 Gabriele Bergenham
 Joan Watkins
 Beverly Chase
 Sandra McGuire
 Linda Stegar
 Johnell Cuddback-Weintraub
 Karen Clark
 Bruce & Patricia Zantjer
 Ed Healy
 Susan Turner
 Paul Roberts
 Barb Pechota
 Roger Fleming
 Betty Callahan
 Walter Olinskas
 Soheil El-Khal
 Dolores Dupree
 Mary Bulson
 David McCarthy
 Judy Haight
 Frank Maida
 John Dickey
 Irene Booth
 Bill Frakes
 David Rafferty
 Vi Richardson
 Gretchen Pouliot
 Sheila Grigg
 Joe & Becky Schmitt

Thank You – Friends of the PSC Donors Who Gave Between March 5 and April 22

Thelma Burrell
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 Michael & Leigh Batterson
 Donald Brinks
 Evelyn Brooks in honor of Jo Arnold
 Edwin & Rose Ann Jacox
 Beverly Jevort
 Jeanne Kennedy
 Harry Maxwell
 Wesley Merriman in memory of Alta Merriman
 Nourma Oswald
 Dale & Katherine Peerbolt
 Mary Prange in memory of Pam Hoppe
 Freeman Russell
 Glen & Bonnie Skippers
 Catherine Stevens
 Joyce Zastrow
 Barbara Casey
 Corinne Cummins
 Ruth Michelhaugh in memory of Pam Hoppe
 Donavon Wolfe
 Wilbur & Josephine Elliott
 William & LaVerne Pletcher
 Barbara Allen
 Thomas & Jill Berglund
 Jeannette Carney
 Henrietta Everts
 Lydia Garcia
 Roger & Stephanie Harris

James Hoppe
 Hugh & Sherry Johnson
 Jean Leonard
 Rep. Margaret O'Brien
 Bob & Lois Ostrowski
 William & Geraldine Peet
 Mary Lou Petrulio in memory of Pam Hoppe
 Cheryl Warren
 Joyce Wheeler
 Dot Blessing
 Lorraine Mosier
 Vera Ostlund
 Dolores Paul
 William & Alma McCarty
 Mary Prange
 Susan Noble
 Herbert & Florence White
 Cecelia Shephard
 Mary Bunce in memory of Richard Bunce
 Robert & Lois Ostrowski
 Herbert & Judy Joynt
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 Elizabeth Wesoloski
 Clara Schnyders
 Robert & Sandra Erickson
 Charles & Jeannette Carney
 Ted Doscher
 Portage Garden Club

Fundraising Goal



Memorial Gifts:

Margie Prange and the Portage Centre Church of God, in memory of Bonnie Skippers
 Janet Gates and Denita Demler, in memory of Gus Janovits

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A Sampling of Summer Entertainment Series Offerings

TASTE OF PORTAGE - A 50th City Celebration June 22, 4:30 PM - 9 PM Overlander Bandshell

Celebrate the City of Portage 50th Anniversary with great food and entertainment at the 8th annual Taste of Portage. Whether you love food, entertainment, or a day surrounded by friends and family, we have it all at the Taste of Portage! There is a wide variety of favorite Portage restaurants with enough food choices to satisfy the pickiest of eaters. What's a party without great music? With the help of WRKR you can dance off those calories with the great music of Al's Basement Band at 5:30 p.m. and popular dance band Funktion at 7:30 p.m. We have a great Kidz Zone that includes hands on activities and a playground that your kids will truly enjoy! Be sure to be a part of the celebration and enjoy an evening of great food, fun and entertainment!

Gate Fee: Free in honor of the City of Portage 50th Anniversary!

Food & Beverage Tickets: \$1.00 each (Adult beverages are available for anyone 21 and older.)

Presenting Sponsor: HINMAN COMPANY

Partner Sponsors: Chemical Bank, Pfizer, Sanford Financial Services, Meyer C. Weiner Company

Kidz Zone Sponsor: The Irving S. Gilmore Foundation

No PSC registration requested.

ART ENCOUNTERS- A Festival of Music, Art, and Fun for All!

August 10, 1 PM - 3 PM.

Portage District Library, Portage Senior Center
Free Event

At the Portage Senior Center you may create your own sundae while listening to tunes by the Portage Senior Band and Golden Rods, a high school blues and rock band. You will have an opportunity to learn the basics from local artisans from knitters to wood carvers. The events culminate at the Portage District Library with music from local musicians ranging from blues to bluegrass, Celtic tunes to rock and roll. Librarians, Soga Japan Center and teachers from the Modern Chinese School of Kalamazoo will provide interactive art for all ages. Members of the Chinese Ladies Art Club will host an art exhibit; artist demonstrations featuring traditional Chinese art. No registration is required. **A joint venture with the Portage District Library**

Primary Benefactor: THE IRVING S. GILMORE FOUNDATION

Program Sponsors: Rathco Safety Supply Inc., Discover Kalamazoo, Michigan Commerce Bank

Would you like to help the Portage Senior Center with Art Encounters? Call Jill Hess at 329-4555.

For more information or an SES brochure listing all the activities planned, contact the Parks Department, 269-329-4522.

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Fun 2013 Day-Trip Outings!

GATLIN BROTHERS, Shipshewana, Indiana *Thursday, June 13*

See the Gatlin Brothers whose four-decade career has taken them from dusty Texas stages to White House performances, from Broadway to Grammy Awards, to the top of the country charts. In concert, their performances are simply magical events, filled with incredible family harmonies, total professionalism, and downright fun for both the trio and their audiences. Blue Gate Restaurant lunch included.

DETROIT TIGERS VS. BOSTON RED SOX, Detroit *Sunday, June 23*

RAFTING THE PERE MARQUETTE RIVER, Baldwin *Wednesday, July 10*

Enjoy a relaxing, three-hour float trip in an untippable, inflatable Hyside raft down the beautiful Pere Marquette in the beauty of Pure Michigan. Don't want to get wet? Not to worry - the Hyside rafts move slowly and are made to prevent splashing. The raft moves 25% slower than other modes of water travel. Lunch and dinner stop will be made (self-pay).

MURDER MYSTERY DINNER TRAIN, Charlotte *Saturday, July 13*

The murder mystery dinner train in Charlotte is a 2-hour experience in fine dining and entertainment. As the train makes a leisurely trip across town, you will enjoy a wonderful five-course meal while being entertained by a comical troupe of actors and actresses. Come with us to eat, enjoy and see "who done it."

WHITECAPS VS. GREAT LAKES LOONS, Grand Rapids *Tuesday, July 30*

TREASURES OF ELKHART & BRISTOL, Indiana *Monday, August 5*

Visit Wellfield Botanical Gardens, established over 13 wells and a source of hydraulic and drinking water since the middle 1800's. Then tour the Lerner Theatre, a 1920's era movie house, which has been magnificently restored to a state-of-the-art performance venue, followed by a sandwich and soup buffet lunch (included). Afternoon visits to Linton's Enchanted Gardens, often called "the Disney of Garden Centers" and Bristol for a presentation called "White Gloves, Behind-the-Scenes Quilts."

CHICAGO CUBS VS. CINCINNATI REDS, Chicago, Illinois *Wednesday, August 14*

BASEBALL, BOATS, AND BRIDGES, Detroit *Friday, August 23*

Have you ever wondered what goes on behind the scenes at Comerica Park? Come join us for a behind-the-scenes tour and a narrated, two-hour cruise on the Detroit River (lunch included) which goes all the way to the Ambassador Bridge with both USA and Canadian high-lights.

WHITECAPS VS. LAKE COUNTY CAPTAINS, Grand Rapids *Monday, August 26*

CLINT BLACK LIVE, Shipshewana Auditorium Theatre, Shipshewana, Indiana *Saturday, August 31*

Don't miss Country Music's 10-time Platinum-selling artist and prolific singer-songwriter, Clint Black. He's long been heralded as one of Country's brightest stars and has transcended genres to become one of the most
Travel continued on page 18

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Travel continued from page 17

successful artists in all of 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.

IT'S A MYSTERY

Thursday, October 10

The PSC will provide the surprises and the suspense of not knowing where we are going. All you have to do is enjoy the adventure! Lunch is included. HINT: Learn firsthand how some of your favorite accessories and patterns 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 fun, informative, and unique experience not available to the general public.

"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 includes 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.

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!

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 lights inside and outside will be turned on. Enjoy lunch at the Frederick Meijer Gardens (included) and have fun reminiscing with family memories throughout the entire *Christmas and Holiday Traditions Around the World* exhibition, including the Railway Garden. A stop will be also be made at a 5th generation family bakery, winery and gift barn to do last-minute shopping for gifts and goodies for the ride home!

Extended Trips – Fun Get-Aways!

CHERRIES, CHORDS, CASTLE & CRUISE,
Traverse City and Charlevoix

June 18 - 20

Travel continued on page 19



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MAKING SENSE OF INVESTING

Travel continued from page 18

It's cherry time in Traverse City! Our trip to Charlevoix and Traverse City includes wonderful accommodations with private walkout patios overlooking the Bay! It also includes the Music House Museum in Acme, tour and lunch at Castle Farms, tour of Earl Young Mushroom houses and much more. Enjoy a relaxing cruise of beautiful Lake Charlevoix and Lake Michigan on the *Kewanee Star*.

MACKINAC GRAND EXPERIENCE . . .

Mackinac Island

September 30 - October 3

Join hundreds of other seniors 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. Trip includes all transportation with lunches en route, three-night stay at the Grand Hotel complete with full breakfasts and 5-course dinners.

CRUISING HAWAII'S PARADISE

November 6 - 16

Sail through the breathtaking scenery of the Hawaiian islands on this magical vacation. Begin with a 3-night stay in Honolulu and then board the Norwegian Cruise Line's *Pride of America* for the trip highlight - a 7-night cruise around the Hawaiian Islands! Experience Maui and its breathtaking scenery; visit the Big Island of Hawaii with its black-sand beaches; enjoy Kauai, Hawaii's oldest island offering cascading waterfalls; visit Oahu, home of the *USS Arizona* and much more!

SANFILLIPPO 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). 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. Trip includes one overnight and most meals.



BRITISH LANDSCAPES

September 5 - 14, 2013

Sleepy villages where sheep wander the grassy hillsides, lakes set amidst mountains that inspired centuries of literature, and cities thriving with arts and culture - these are the landscapes of Britain. Discover them on this 10-day journey through England, Scotland and Wales. Sleep in a historic castle. Visit the university town of Cambridge. Soak up the pastoral landscapes of the

Cotswolds. Walk in the footsteps of William Shakespeare. Explore London and Edinburgh. Experience the wonder of Stonehenge. Stroll through historic York. Optional Ireland extension available.

ITALY & GREECE

April 27 - May 9, 2014

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," and enjoy the included walking tour of the historical center. 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, and Corinth Canal. Conclude your journey with a stay in Athens, where the Acropolis is a highlight of the included sightseeing tour. Optional 3-day Aegean cruise extension available with visits to Mykonos, Santorini, Crete and Ephesus, Turkey. Price includes air (w/taxes) from Kalamazoo, water transfers (w/port taxes) and cancellation insurance. *Ask about early booking discount.*

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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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.

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