

Apr/May 2014



Portage Senior Center Newsletter

19th Annual Friends of the Portage Senior Center Golf Scramble – Angel’s Crossing Golf Club

Monday, May 19

Registration deadline: May 16

Our annual golf outing will be held at beautiful Angel’s Crossing Golf Club located in Vicksburg. Angel’s Crossing is just a few minutes south of the City of Portage. This event is open to members and non-members.

8:30 AM Check-in for 18-hole players

9:00 AM Check-in for 9-hole players

1:00 PM Reception lunch at Club House

Registration forms available at PSC with a registration deadline of Friday, May 16.



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Easter Lunch

Tuesday, April 15

11:45 AM

\$1 registration fee

“Easter is the only time of the year when it’s perfectly safe to put all your eggs in one basket.” – Kurt Avish

Come join us for Senior Services lunch (\$3 donation) and celebrate Easter! We will have entertainment, decorations and prizes by our sponsor, Heartland Hospice. The PSC would like to thank Heartland Hospice for sponsoring this event. Register by noon on Friday, April 11.

Mother’s & Father’s Day Lunch

Tuesday, May 6

11:45 AM

\$1 registration fee

Come join us for Senior Services lunch (\$3 donation) and celebrate Mother’s & Father’s Day! We will have entertainment, decorations and prizes by our sponsor, Brookdale Senior Living. The PSC would like to thank Brookdale Senior Living – Clare Bridge of Portage – for sponsoring this event. Register by noon on Friday, May 2.

Something to Sing About

Thursday, May 15

11:45 AM

\$1 reservation fee

Sign up now for this special event lunch showcasing the remarkable talent of our own PSC Choir! This Senior Services lunch (\$3 donation) will tickle your tummy as the PSC Choir will provide a dynamic array of musical treats for your enjoyment. This special event lunch is one you won’t want to miss, including entertainment and special door prizes! Open to members and non-members. Register by Tuesday, May 13.



2014 Kalamazoo Poetry Festival

**Saturday, April 5,
10:00 AM - Noon**

Obsessed with Place: Workshop with Susan Ramsey and Bonnie Jo Campbell
Location: Portage Senior Center

Join us for a free poetry-writing workshop with award-winning writers Bonnie Jo Campbell and Susan Blackwell Ramsey who will discuss and illustrate the use of place in one's writing. This workshop is part of the Kalamazoo Poetry Festival, which runs from Friday night through Saturday night, with readings from local and visiting poets of all ages. For more information, go to: kalamazoopoetryfestival.com.

Pre-registration required by calling 329-4542 ext 600.

2013/2014 Annual Fund Drive

A heartfelt *Thank You!* goes out to all of you who have so generously responded to the Annual Fund Drive. For those of you who have been preoccupied by the holidays and winter weather, it is not too late! Gifts to the Kalamazoo Community Foundation, earmarked for the *Friends of the PSC* support the Senior Center's future. Donations made to the Portage Senior Center, or Friends of the PSC, support day to day operations.

If you have not mailed in your response, please do so soon. Every gift, no matter the size, is appreciated and used to its maximum potential.

Silver Slugger Night

June 1, 5:05 PM

Homer Stryker Field

This family friendly fun night includes a baseball game with Bingo cards distributed at the gate. Great favorites from the 50's and 60's will be playing, but even the kids will recognize the tunes!

Register and pay \$5 per person fee at the PSC reception desk.

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.

Advisory Board

Ann Perkins, Chair

James Hoppe, Vice Chair

Monifa Jumanne, Secretary

Pat Berninger

Mary Maisto

Ruth Ann Meyer

Mary Lou Petruccio

Trudy Riker

Art Roberts

Helen Tubbs

Kyle Huitt, Youth Participant

PSC Staff

Director of Parks & Recreation
William Deming, MS

Administrative Asst.
Janet Gates

Program & Volunteer Coordinator
Denita Demler

Trip Coordinator
Johanna Thompson

Receptionists
Morning: Judy Grey
Afternoon: Allison Alexander

Key Constituents

Senior Services, Inc.
Meal Site Coordinator
Vince Wheat

Volunteer Editor
Monifa Jumanne

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.

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



Cooking Demonstration All About Bacon

Tuesday, May 20, 10:00 AM

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

Sponsor: TenderCare Portage

Join Head Chef Roger from TenderCare Portage for a cooking demonstration to discover various ways to use bacon. This cooking demonstration is for anyone who likes to learn, eat and enjoy cured and smoked pork belly. This pork-centric event will have your taste buds squealing for joy! Registration deadline is Friday, May 16.

Crafters Garage Sale

Saturday, April 12, 9:00 AM – 3:00 PM

It's almost here, the Crafter's Garage Sale! If you're looking to refresh your "stash" at reasonable prices, gather your family, friends and best buddies to attend this event. Our vendors have been busy this winter sorting and cleaning their craft supplies and studios of items that they no longer need. We have fabric, yarn, knitting needles, craft kits, books, puzzles, patterns, artist supplies, quilting supplies, finished knitted items and gizmos and gadgets of all varieties. Enjoy indoor shopping and browsing at the Portage Senior Center. We're sure you won't be disappointed.

Garden Talk for 2014

Tuesday, April 8, 15, 22, 6:30 – 8:30 PM

Free to the public

Series Presented by Schram's Greenhouse

For those who love to garden, we offer Garden Talk. This is a series of weekly gardening themed presentations that gardeners of all skill levels can appreciate. Please register at 269-327-5347 (Schram's Greenhouse). Topic and speaker schedules are available at the PSC reception desk.

Grocery Bingo

Monday, April 28, 1:30 PM

Free to Members, \$5 Non-Members, due by April 25

This isn't any ol' Bingo. This is *GROCERY BINGO!* Come play a fun game of Bingo and you could win groceries! Our event is sponsored by Absolute Home Care and Medical Staffing. Registration deadline is Friday, April 25.

New Member Orientation (NMO)

Thursday, May 8, 10:30 AM

The NMO is a great way for new members to learn more about the PSC and meet other new members. Let the receptionist know if you would like to make a reservation for the Senior Services, Inc. lunch immediately following the presentation. Pre-register at 329-4555.



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- Support caregivers

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Book Club

2nd Monday, 10:00 AM

April - *The All Girls Filling Station Last Reunion* by Fannie Flagg

May - *Annie's Ghost* (2013 Michigan Read)

Check the bulletin board under "Programs and Activities" for additional information. Group leader is Ann Perkins.

Choir

Thursdays, 9:30 AM

The Portage Senior Center Choir is looking for men and women who enjoy singing. There are no auditions nor a requirement to have a great voice. They perform at retirement communities, PSC events and other community events.

Sisterhood

This women's social group 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.

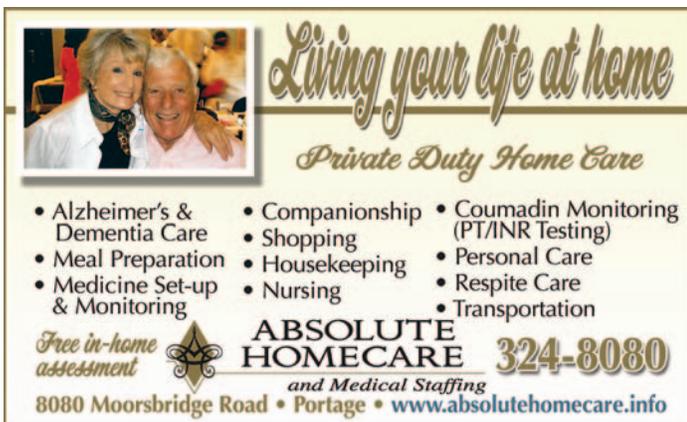
April 11, Friday
Time: 1:00 PM - 2:30 PM
Event: Classic Movie and a Snack
Site: PSC
Hostess: Dorris Bowman

May 9, Friday
Time: 1:00 PM - 2:30 PM
Event: Lunch at Cracker Barrel
Site: 5581 S 9th St., Kalamazoo
Hostess: Thelma Nederhoed & Helen Esman

PSC Needlers

Thursdays, 9:00 AM - 12:00 PM

The PSC Needlers knit, crochet and donate completed projects to various community agencies throughout the year. Members are welcome to join them.



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Big Screen Movie

Monday, April 14, 1:15 PM

"Hachi: A Dog's Tale"

Free

"Hachi" is a heartwarming story based on true events. Richard Gere stars as Professor Parker Wilson, a distinguished scholar who, on his way home from work, discovers Hachi, a lost Akita puppy. Hachi eventually endears himself into the family and becomes Parker's loyal companion, despite objections from his wife (Joan Allen). Keep the tissues handy for this one. Rated G. Closed-captioned. 93 minutes. View the movie for free; 50 cents for popcorn.

Big Screen Movie

Monday, May 12, 1:15 PM

"Saving Sarah Cain"

Free

Sarah Cain (Lisa Pepper) is sweet, successful, slightly self-absorbed and a city girl through and through. But when the untimely death of her sister draws her to Amish country for the funeral, she makes a discovery that will change her life: She is now the legal guardian to five Amish nieces and nephews. Desperately trying to juggle the kids, her career and her comfort level, Sarah must reevaluate her priorities as she prepares for the biggest culture shock of everyone's lives. Directed by Michael Landon Jr. and starring Elliott Gould and Tess Harper. Rated PG. Closed-captioned. 103 minutes. View the movie for free; 50 cents for popcorn.

Interesting and Out of the Ordinary Destinations

Monday, May 5, 1:30 PM

Free

Register by: May 2

Steve Ellis has spent the last 45 years traveling all over Michigan and its neighboring states, searching for interesting and out of the ordinary destinations. He will present a lively photographic presentation of destinations he has found and written about in his 25 years at the *Kalamazoo Gazette*, and in his new *Southwest Michigan Spark* publication. His presentation will include the Fayette State Park ghost town in the U.P., Beaver Island, Door County, the West Baden Hot Springs Hotel (once labeled the 8th wonder of the World), Grand Marais, Leland and some recent trips to Wisconsin, the "sunrise" side of the state and other fun attractions less than a day's drive from Kalamazoo. Steve will also bring a display of vintage travel memorabilia from around the state. Register by Friday, May 2.

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.

April

Dinner

Monday, April 7, 5:00 PM
Olive Garden
6700 S. Westnedge Ave.

Breakfast

Tuesday, April 8, 8:30 AM
Michelle's
677 Romance Rd.

Lunch

Thursday, April 17
11:30 AM
Grand Traverse Pie Company
5303 S. Westnedge Ave.
(site of former Pappy's)

May

Dinner

Monday, May 5, 5:00 PM
Main Street Pub
7509 S. Westnedge Ave.

Breakfast

Tuesday, May 13, 8:30 AM
Cracker Barrel
5581 S. 9th St., Texas

Lunch

Thursday May 15
11:30 AM
A Pizza Yen
1807 Vanderbilt Ave
(west of Shaver on South
side of Vanderbilt)

Loaves & Fishes - PSC Bag Recycling Program

This group collects paper and plastic grocery bags on the first Wednesday and Thursday only 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.

PSC Bike Club

Wednesday, April 30, 8:30 AM

At this initial meeting for the 2014 biking season, members will discuss rider rules and the 2014 schedule. The club rides at 8:30 AM from the PSC on Wednesday mornings from May through October. Helmets are required. Bob Strader is the group leader.

Walkers with Walkers

Tuesday and Thursday, 9:30 AM

This group uses assistive devices to help them with mobility. Penny Newhouse is the group leader. The group meets in the spring and summer at the PSC and then leisurely walks the Bicentennial Trail. In the fall and winter, they meet at the Carousel at Crossroads Mall Food Court.

PSC Social Golf League

Thursdays, May 1 - September 25

9:00 AM at States Golf Course, Vicksburg

The PSC Social Golf League will again be offered this year to our members, men and women. We have reserved a weekly tee time of 9:00 AM every Thursday at the course. As this is a social league, you will only pay as you golf and never need to find a sub. Greens fees are \$10 and a half-cart is \$5. At the end of the season we will have a luncheon at the course. Come and join us!

Reader's Theatre

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

Join this fun group that produces skits and readings to present to area schools and churches. No memorization required. Babs Smith is the group leader.

Recycled Cards

Tuesdays 10:30 AM

The Recycled Cards group accepts whole greeting cards with verses intact, but does not accept or use Christmas cards. The cards are cut apart and redesigned to create a "new" card. The cards are available for sale in the PSC lobby.

PSC Kazoos of the Red Hat Society

This chapter of Red Hatters calls itself the *PSC Kazoos*. All you need to join this merry group is a sense of humor, a PSC membership, and the ability to have fun! Contact Queen Marie Tucker (269-375-2104) if you are interested in joining this group.

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Exercise Classes					
Class	Days	Time	Dates	Fee	Instructor
Body Rebound	M-W-F	10:30AM — 1:30AM	3/12 — 6/2 No class 5/26 Use DVD 3/24 — 4/16	\$42/\$52	Helene Thompson
Enhance Fitness	M-W-F	8:10AM — 9:10AM	3/24 — 5/14 5/16 — 7/14	\$42/\$52	Deb Snell
QiGong	W	7:00PM — 8:00PM	3/26 — 5/7	\$42/\$52	Ed Kehoe
Strength & Stretch	M-W	9:20AM — 10:20AM	3/17 — 4/30 5/5 — 6/23	\$42/\$52	Joy Morris
Tai Ji	T	8:30AM - 9:30AM	3/11 — 4/22 4/29 — 6/10	\$42/\$52	Ed Kehoe
Yoga	T	1:00PM — 2:30PM	4/8 — 5/27 6/3 — 7/22	\$72/\$82	Christine Peckels @ St. Catherine's- Stanley Center
Zumba Gold	M	5:00PM — 6:00PM	4/3 — 4/21 4/28 — 6/23	\$26/\$36	Gretchen Pouliot
SilverSneakers Splash	T-Th	11:00AM — 12:00PM	2/25 — 4/29	\$60 PSC Members	Pay @ Portage YMCA
Computer Classes					
Laptop Intro. To Office	W	10:00AM — 12:00PM	3/19 — 4/30 5/14 — 6/25	\$24 Members Only	Royce Bland
Computer Tutoring	M-W-F	10:00AM — 12:00PM	2014	\$10/hour Members Only	Paul Sabin or Gordon Heikkila
Art Classes					
Reminiscence Writing	W	10:30AM — 12:00PM	4/9 — 5/21 6/4 — 7/16	\$32/\$42	Wilma Kahn
Portraiture	W	1:00PM — 3:00PM	4/2 — 4/23	\$42/\$52	Rae Sills



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All registration deadlines are one week prior to date of first class session, unless otherwise noted. Fees cannot be prorated. All class schedules are subject to change. All fees listed as Member/Non-Member unless otherwise noted. For a description of classes, call 329-4555. Portage Senior Center accepts cash or checks for payment.

Scholarships

For any member experiencing financial hardship, the PSC is fortunate to have sustained a scholarship program through the Friends of the Portage Senior Center, in the Bea Butler Scholarship Fund. Members of the PSC or community at large are encouraged to contact Program Coordinator, Denita Demler, for additional information regarding program eligibility. All information is kept confidential.

Computer Tutoring

Individual laptop computer tutoring by an experienced volunteer is available Monday, Wednesday and Friday. Your full hour appointment focuses on whatever aspect of computer usage you'd like to cover. PSC members only. Register and pay at the PSC reception desk.

Laptop Introduction to Office

This class is designed for those who have a basic working knowledge and would like to learn more about Microsoft Office software. 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.

AARP Smart Driver Program

Thursday, April 3, 9:00 AM
Fee: \$15 AARP Members/
\$20 Non-Members AARP
Instructor: Richard Baker
This is a refresher course developed for older drivers which includes Driving Safety Strategies; State of Michigan Driver Regulations; Dealing with Trucks, Motorcycles, Bicycles and Aggressive Drivers; New Developments in Intersections; Road Signs, Lane Markings and Traffic Signals; Changes in Vehicle Safety Devices and Features; and more. Check with your insurance agent for possible discounts after course completion. Register at the PSC and make checks payable to **AARP Smart Driver Program.**



iPad Demonstration

Thursday, May 8,
10:00 AM

Presenter: Larry Smith
Free

Register by May 7

Having trouble with your new iPad? Thinking of getting an iPad? This presentation 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 Wednesday, May 7.



Art of the Heart Project

Tender Care Kalamazoo, Covenant Senior Day and Clare Bridge Memory Care are announcing a new pilot collaboration to raise awareness about seniors experiencing Dementia. "Art of the Heart" has established several goals for purposes of outreach and community education through the use of art. Their first art project is titled, "Flowers for Life" which are individual pieces of yard art made from re-purposed vintage glass items transformed into beautiful flowers. Each facilities senior artist will be involved in a creative hands-on process by helping to design, craft, and install each piece of work.

"We are very excited to bring this project to our community which is designed to cultivate empathy and understanding for seniors coping with Dementia." "They are not forgotten and unseen but in fact remain active vital members of our society regardless of their living situation," explains Lauren Fitzmaurice Executive Director of Covenant Senior Day. "Each facility offers ongoing Expressive Arts programming and other activities that promote cognitive and emotional wellness."

Art of the Heart is planning on sponsoring a reception to honor our senior artists at the Portage Library on the afternoon of May 30th from 3:00-5:00 p.m.

Please join our efforts to demonstrate that seniors with Dementia deserve lives of meaning...it is true that "Beauty is Therapy" and as such, we all need to help make our community and lives... more beautiful!

Thank You, Generous Donors
 who have given between December 26, 2013 and February 17, 2014

Annual Fund Gifts

Marian, Laura and Paul Zingg, in memory of Paul Zingg Sr.	Vivian Harasim, in memory of Chester Harasim
Carol Vandenberg	Janice Park
Pauline Trembley	Cheryl Warren
Rev. Robert & Carla Hannemann	Chet and Jo Arnold
Dan Ward	Bob & Ann Perkins
James & Loretta Atkinson	Herbert & Judy Joynt
James Kirklin	Mary Bunce
Foster & Carolyn Woodward	Jack Nottingham
Hugh & Sherry Johnson	Jan Schma
Carl & Beverly Carlson	Rev. Monifa Jumanne, in memory of Mabel McLamore
Elizabeth & Walter Mullin	Betty Ann Geib, in memory of Ruth Barrett and Willa Kellar
Robert Duncan	Toni Dibble
Marina Van Loo, in memory of Jim Van Loo	Catherine Stevens
Bob & Sandy Erikson	Mary Prange
Robert & Lois Ostrowski	

Endowment Donors:

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Cheryl Warren	Ruby Cain
Phyllis Barents	Mary Lou Sanderson
Art & Betty Lujan Roberts	Alex & Brian Lueth
Chet and Jo Arnold	Richard Knapp

Memorial Donations

Dolores Paul, in memory of Virginia Clancy
 In memory of Wayne Howser
 PSC Tai Ji Class, in memory of Beverly Folz
 Pat Brown, PSC Relaxed Pace Bridge, Harold Brant, Robert & Mary Foster in memory of Willa Kellar, Betty Lujan and Arthur Roberts, in memory of Donna Flesher, Linda Nemitz, and Bob Slager
 Gerald & Mary Anderson, Michigan Works Y.O.U. staff, Janet and Frank Schroeder, Deborah and Don Konkle, Scott and Kim Schroeder, April and Gary Schmidt, W.E.Upjohn Friends, Michigan Commerce Bank Friends, Jack & Susan Kreling, in memory of Donna Flesher,
 Diane Schaeberle, Kathy Griffioen, PSC Needlers, in memory of Bette Anderton

Welcome, New Members

Between December 26, 2013 and February 17, 2014

David & Helga Brayton	Sharon Roepke
Faye Brewer	Anthony Proctor
Kristen Taft	Barbara Healy
Nancy McDonell	Michael & Shirley Lohrberg
Gary & Gwen Sherman	Richard Westerman
Sharon Tielking	Carrie Penny
Susan Hartman	Marilyn Holmes
Larry & Pamela Mortensen	Leurena Burr
Sue Ritsema	Judy Seyburn
Margaret Baber	

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Understanding Heart Failure

Despite the name, heart failure (HF) does not mean the heart fails to keep working. It means that the heart fails to pump blood adequately throughout the entire body. HF can be caused by coronary artery disease. As blood vessels become constricted they allow less blood to feed the heart. Other causes include infection, heart attack, valve disease, or types of uneven heart beat.

The resulting symptoms of HF include fluid retention in the lungs, legs, and feet, as well as tightness of the chest and shortness of breath. When left untreated, complications of HF include the formation of blood clots, kidney damage and even damage to the liver.

To monitor symptoms of HF, patients are advised to weigh themselves daily, as an increase in weight may signal the



retention of body fluids. Paying strict attention to the diet, and being faithful to the prescribed exercise routine are also important.

Although current monitoring of HF patients sometimes include home nursing visits, in the future remote monitoring through "telemedicine" and external or implanted devices will be possible.

-information from UCLA Division of Geriatrics

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FEB/MAR SC

#927-14



Family Fishing Fair Ramona Park

Saturday, May 17, 2014

10:00 AM – 1:00 PM

Free

This community event offers various activities for all ages and abilities, so bring the whole family out to experience the joys and lifetime benefits associated with fishing, boating and aquatic conservation. Whether this is your first time, or you are a fair weather fishing fan, the Family Fishing Fair is sure to bring smiles and good times! Fishing equipment loaners will be on hand for those hoping to reel in their first (or next) catch of the day...no experience necessary as local fishing guides and experts will be on-site to provide all the guidance you need. Activities include lure making, knot tying, fly casting, fly tying, rod rigging, seminars by local fishing experts, boater safety, kayak and paddle board demo's and much more!

150 Kids will receive a their own fishing rod courtesy of United Water

For more information or to volunteer for this event, contact the Portage Parks Department at 329-4522.

Event activities provided by:

Wolf Lake Fish Hatchery

Michigan DNR

Lee's Adventure Sports

Trout Unlimited

Kalamazoo Nature Center

Kal-Valley Bass Club

Kalamazoo Sail & Power Squadron

*MI law requires a fishing license for anyone fishing age 17 years and older. A season license or day pass can be purchased at a local sporting goods retailer.



Walk/Run Events this spring

These walk/run and community events are held at Celery Flats Historical Area. Please contact the organization for more detailed information.

April 19 Autism Society Walk

April 26 Green-a-thon

May 3 March for Babies

www.marchofdimes.com/michigan

May 10 Cystic Fibrosis Foundation Walk

www.cff.org

May 17 CureSearch Walk

www.curesearchwalk.org/southwestmi

May 19 SW Michigan Kidney Walk

www.kidneywalk.org

May 31 Summer Stroll for Epilepsy

www.epilepsymichigan.org



Ramona Park Beach

8600 S. Sprinkle Rd., 1/2 mile south of Centre Avenue

Ramona Park beach offers a sandy swim area with life-guards, picnic areas, fishing dock, beach volleyball, concessions, playground, changing rooms and much more!

Vehicle permits, for entry into Ramona Park, can be purchased on site near the park entrance during regular beach hours.

Beach hours: Monday – Thursday 12:00 PM - 7:00 PM

Friday – Sunday & Holidays

10:30 AM – 7:30 PM

Open Daily: May 23–26

May 31, June 1

June 7 – 8

June 14 – September 1

City Resident Daily Permit \$ 5

Non-Resident Daily Permit \$10

City Resident Annual Permit \$25

Non-Resident Annual Permit \$45

Group Bus Daily Permit \$50

(for 15 or more people)

Diabetes Support Group

Quarterly (January, April, July, October)

Friday, April 4, 1:00 PM

Leader: Bob Erikson, Diabetes Education Coordinator
A diabetes educator will speak on new methods of diabetes management at the April 4 meeting. Participants will be called prior to each meeting. Call 329-4555 to be added to the Diabetes Support Group call list.

Hearing Screenings

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

Tuesday, April 15

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, ear-mold retubing, and ear-mold impressions. Please call 329-4555 to schedule an appointment (required).

Stay Independent - Prevent Memory Loss

2nd Thursday of every month

1:00 PM - 2:30 PM

Session 1: April 10

Session 2: May 8

Fee: \$7/\$9 /Session

Instructor: Suzanne Gernaat

A strong prevention program can delay the onset of Alzheimer's. You can lower your risk of memory loss by up to 70% with just a few simple lifestyle changes. Don't let your memory slip away!

Healthy Beginnings!

Thursday, April 17, 1:00 PM, Diabetes Indicators Education

Thursday, May 15, 1:00 PM, Up-to-date Vaccinations and Screenings Education

Free and Open to the Public

This program, sponsored by TenderCare Portage, focuses on ways to keep our senior population informed on healthy living and provide the tools necessary to make it happen. The goal of the Wellness Initiative is to assist seniors to live to their fullest potential with the most current, accurate information. Registration deadline is Wednesday the day before event.

All About Knee Replacement Surgery

Tuesday, April 29, 6:00 PM - 7:30 PM

Free and Open to the Public

Register by: April 25

Dr. Bruce Rowe, an orthopedic joint replacement surgeon with Bronson Healthcare Midwest, will be talking about knee replacement surgery and options you have when the pain in your knee becomes too great to bear. He will cover how arthritis affects your joints, surgical and non-surgical options, and what to expect before, during, and after surgery, if that is the option you and your doctor choose. Registration deadline is Friday, April 25.

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Workshop: Maintenance & Repairs of Manual & Motorized Wheelchairs Scooters, & Lift Chairs

Wednesday, April 16, 1:30 PM

Register by: April 11

Presenter: Tom McClure, Medical Equipment Service

The purpose of this workshop is to identify safety and minor repair options that are available for manual and motorized mobility products for consumer use. Attendees can be users and/or family or friend of user/owner of mobility product. Participants will receive a number of handouts for their own files on items discussed and demonstrated at the workshop. Registration deadline is Friday, April 11.

Protect Yourself, Protect Your Future

Monday, May 19, 1:30 PM

Free and Open to the Public

Register by: May 16

This is a senior seminar providing information on choosing a nursing home or health care assistance, how to organize and report elder abuse or neglect, and tips for keeping loved ones safe. The presenter is affiliated with Attorney General Bill Schuette's "Senior Bridgade" for the State of Michigan.

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Did you know...

April 6-13, 2014 is National Volunteer Week? It is a time for inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. Our very own PSC volunteers (246) have dedicated 22,939.61 hours of service in 2013 through a wide variety of volunteer opportunities. It is through your volunteerism that your PSC is able to provide outstanding programming, outreach to the community and an active, thriving facility to welcome all seniors citizens.

Quarterly Volunteer Orientation

Thursday, April 24, 10:00 AM

Topics for discussion will include current and future volunteer programming, MySeniorCenter™, and logging volunteer hours. The orientation is intended to benefit both new and experienced volunteers. Register at the reception desk.

Volunteer Help Wanted

Volunteer Greeters

We are looking for volunteers to greet members and assist at the membership kiosk. Two-hour shifts are available Monday through Friday, from 9 - 11:00 AM.

Volunteer Van Driver

Drivers are needed to transport 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 available Monday through Friday, 8:30 AM - 1:30 PM

Make 2014 a truly happy new year!

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Make 2014 the year to begin enjoying life at the affordable alternative for active seniors!

Special Trip Preview

Tropical Costa Rica

Tuesday, April 1 at 10:00 AM Call 329-4555 to save your seat.

Spring Trip Preview

Monday, April 21 at 1:30 PM

Join us for our Spring Trip Preview to find out about new, unique and exciting tours! Bring your cash and check-books to sign up. Travel bucks will again be valid for the entire preview week and expire Friday, April 25. Call 329-4555 to save your seat.

Fun 2014 Day-Trip Outings!

“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 such as “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 had 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 farmers 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.

Continued on page 17

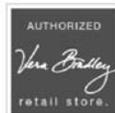
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Continued from page 16

BIRDS & BEES AT FERNWOOD BOTANICAL GARDEN . . .

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 Garden. 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.

U.S. 12 FAR EAST . . .

A SAUK TRAIL

Thursday, June 12

This trip is a continuation of the "near east" trip taken in 2013 beginning in Lenawee County and ending in Detroit area.

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.

"THE LAST ROMANCE" . . .

Purple Rose Theatre, Jackson & Chelsea

Wednesday, June 18

A crush can make anyone feel young again - even a widower named Ralph. On an ordinary day in a routine life, Ralph decides to take a different path on his daily walk - one that leads him to an unexpected second chance at love. En route, stop in Jackson for a visit to The Ella Sharp Museum of Art and History and her 19th century farmhouse. Lunch at the popular Common Grill Restaurant is also included.

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

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

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Community Care Center

Extended Trips – 2014 Fun Get-Aways!

“THUNDER OVER LOUISVILLE”

Louisville, Kentucky

April 11 - 13

Rated one of the top 100 events in North America, the Kentucky 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. The breathtaking, 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 heart-warming 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 their award-winning cuisine. Enjoy 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 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 and changing lights choreographed to music) and this also includes dinner! Overnight stay will be in Lake Geneva area.



NEW YORK CITY

September 24 - 29

The Portage Senior Center and Kalamazoo Symphony Orchestra are “Broadway Bound” again for the greatest city on earth – **New York City!** Space is limited on this increasingly popular trip. Tour package will include centrally located accommodations, near Times Square and within walking distance of great Broadway theatres and restaurants, three exciting Broadway shows, a concert performance, some meals and one sightseeing attraction. “On-and-Off” bus passes, on those famous big red, double-decker buses are also included as much independent time allows for visits to those much talked-about sites of NYC, world-renowned museums, art galleries, and shopping!

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International Trips:

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

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. 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.



TROPICAL COSTA RICA

November 3 - 11, 2014

Lush forests and stunning waterfalls . . . exotic wildlife and endless coastlines . . . Costa Rica is truly a slice of paradise! Visit Monteverde Cloud Forest, one of only four places in the world with an ecosystem so unique that it produces a cloud forest! Additional tour highlights include San Jose, Coffee Plantation, Guanacaste, Hanging Bridges, Arenal Volcano (land of spas and hot springs), Lake Arenal Cruise, Cooking Demonstration, Cano Negro Refuge, Zarcero, National Theatre and much more!

Art of the Heart Collaborative Flowers for Life Project



Please join us for an arts reception
Friday, May 30 from 3:00 pm – 5:00 pm
at the Portage Public Library

Appetizers and beverages will be served



We are raising awareness about seniors coping with dementia through the use of art. Our traveling art show “*Flowers for Life*” Garden, will kick off at Portage Public Library and continue through the summer at the following locations:

- June 1 – June 13: Portage Library
- June 14-June 28: Covenant Senior Day
- July 1 – July 13: Area Agency on Aging
- July 14 – July 25: Clarbridge/Brookdale Senior Living
- July 26 – August 8: Senior Services

- August 9 – August 22: Tendercare Kalamazoo
- August 23 – September 5: Portage Senior Center

The Garden will end at the **Walk to End Alzheimer’s** in September

Tendercare Portage
HEALTH AND REHAB CENTER



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Brookdale Senior Living

City of Portage
 Senior Citizens Services
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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.

Safe Disposal of Medication

Red Med Boxes are an easy and secure way to dispose of your unused or expired medication. These boxes are located at area law enforcement

buildings, clearly identified in the lobby of the Portage Police Department, open 24 hours a day, 7 days a week. The Red Med Box will accept:

- Expired and unused medications
- Over-the-counter medications
- Medication samples
- Pet medications
- Medicated ointments, lotions, drops
- Unopened Epi-pens
- Liquid medication.

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