



# Portage Senior Center Newsletter

## New Travel Guide Available Now!

Over 100 adventurous souls attended the Fall Trip Preview in October, and a new record for number of sign-ups were processed in the following weeks. Experts at travel planning, our trip volunteers put together a stellar line of possibilities with YOU in mind! Come in for your copy of the Fall travel guide and begin the new year with a resolution to meet new travel companions and enjoy exciting new destinations!

## Asian Cooking Demonstration

**Monday, January 19  
1:15 PM**  
Fee: \$2 registration,  
\$5 non-members  
Sponsor: TenderCare  
Portage

Come and join Head Chef Roger from TenderCare Portage for an afternoon cooking demonstration of delectable flavors of the Orient, including recipe sharing and taste testing. Registration deadline is noon Friday, January 16.

## Holiday Lunch

**Thursday, December 18  
11:45 AM**  
\$1 registration fee  
Sponsor: Heartland Hospice  
What a great way to cele-

brate the holiday season with lunch, entertainment, and door prizes! Our sponsor is Heartland Healthcare & Hospice. A \$3 donation is suggested for the Senior Services lunch. Come into the PSC to sign up for this event. Registration deadline is noon on Monday, December 15.

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## It's in the Bag!

The Friends of the Portage Senior Center is currently seeking donations of "Gently Used" Handbags.



Please drop off your donations to the PSC anytime before April 1, 2015.

Enjoy the satisfaction of a decluttered space and the knowledge that you're supporting a worthy cause.

Then treat yourself to something "new to you" later at the sale!

The Portage Senior Center is located at 320 Library Lane, Portage, MI (269) 329-4555

START YOUR "SPRING CLEANING" EARLY!

Clean out your closet and donate your gently used purses.



Save the Date for the Sale!  
Saturday, April 17, 2014  
9:00AM—2:00PM  
Portage Senior Center

## Message from the Manager

### PSC Annual Holiday Bazaar and Bake Sale Success

At the busiest season of the year, the Portage Senior Center dishes up an annual opportunity for the community to get into the holiday swing of things. The magical combination of gift shopping, snagging a sweet treat and enjoying a sit down lunch is becoming THE holiday season kick-off event! If you haven't participated, you are missing out!

We are so fortunate to have dedicated partners that help make events like this a great success. Volunteers have made delicious homemade baked goods, planned a delectable menu for the Soup Café, and put countless hours in working on hand crafted items that will be available for sale.

In addition, we could not succeed without the generosity of our business partners. Big thanks to Life EMS and Erbert & Gerbert's Sandwich Shop of Portage for their event sponsorships this year. If you

talk to anyone from either of these businesses, be sure to thank them for their support!

I would also like to take this opportunity to extend my gratitude to a few other local businesses that have joined the PSC's inaugural "Business Partner" program. This means that these businesses are offering discounts and other promotions exclusively to PSC members. These partners include Crossroads Auto Service, Healing Ways, Joy Fong, Lea's Hairstyling Studio, Meijer Hearing Aid Center, Michelle's Restaurant (Portage), Powers Bath, and Randall Brown Associates. Big thanks to these businesses for their support of the PSC. If you haven't stopped in to pick up your Business Partnership & Senior Discount lists, stop by and see us!

Thanks to everyone who plays such an important role in the success of the Portage Senior Center. I wish all of you a safe and happy holiday season!

## Advisory Board

- Ann Perkins, Chair
- Monifa Jumanne, Secretary
- Simran Singh, Youth Representative
- Patricia Berninger
- Mary Maisto
- Michael Martin
- Ruth Ann Meyer
- Gloria Padilla-Carlson
- Mary Lou Petruccio
- Gertrude Riker
- Art Roberts

## PSC Staff

*Director of Parks & Recreation*  
William Deming, MS

*PSC Manager*  
Kim Phillips

*Administrative Asst.*  
Janet Gates

*Program & Volunteer Coordinator*  
Denita Demler

*Trip Coordinator*  
Johanna Thompson

*Receptionists*  
Morning: Judy Grey  
Afternoon: Allison Alexander

## Seniors Surge Toward Social Media

Who knew? According to the experts, Facebook is the fastest growing social media networking tool among seniors. Check out the all new Portage Senior Center Facebook page, and tell us what you think.



<https://www.facebook.com/portageseniorcentermi>

Leaving a legacy has never been easier. It would be our privilege to help you include the PSC in your estate plans. Call us at (269) 329-4555 and ask for Kim.

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. 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.

## Key Constituents

- Senior Services*
- Meal Site Coordinator*  
Gail Secord
- Volunteer Editor*  
Monifa Jumanne

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



## AARP Tax Assistance

**Location:** Portage District Library

**Registration:** Portage Senior Center, 329-4555

**Registration begins Monday, January 5**

Beginning Tuesday, February 3, AARP Tax-Aide Volunteers will provide free tax preparation assistance weekly through April 14 from 9:30 AM until 3:30 PM, by appointment only, at the Portage District Library. Call the Portage Senior Center to schedule an appointment. Your returns will be prepared at the Portage District Library in the lower level Gourdneck Room. Assistance is available to individuals or couples age 50 years and older with an annual income below 50,000, or to individuals who are handicapped. Complicated returns (businesses, for example) cannot be done at the Portage District Library. Registration begins Monday, January 5, at the Portage Senior Center, 329-4555. A checklist of everything needed for the appointment is available at the PSC Reception Desk.

## Adopt a Family

As the holiday season approaches, the PSC invites you once again to help provide Christmas cheer to a family we will adopt through the Portage Community Center. Please come in to take a tag from our Christmas tree to purchase a gift for our adopted family, then wrap and bring gifts to the Senior Center by Friday, December 12, to insure that they will be delivered in time for Christmas.

## Kwanzaa Presentation

**Wednesday, December 10, 1:00 PM**

**Presenter: Monifa Jumanne**

**Countdown to Kwanzaa: Celebrating Family, Culture, and Community**

From lighting the first Umoja candle to honoring the ancestors to tasting the spicy Jollof Rice, Kwanzaa offers an array of family and community activities. Celebrated December 26-January 1, Kwanzaa combines African customs with African American values and traditions. Its core is the Nguzo Saba, seven principles for daily living accompanied by seven candles. Kwanzaa celebrations include history, drumming, dancing, music, libations, readings, reflections, candle-lighting, artistic performances, and a communal feast. Join the fun with Kwanzaa veteran Monifa Jumanne, other PSC members and special guests, as PSC celebrates the heritage of African Americans. Registration deadline is noon, Monday, December 8.

## New Member Orientation (NMO)

**Thursday, January 8, 10:30 AM**

At the NMO, new members learn about the PSC and meet other new members. Let the receptionist know if you would like to make a reservation for the \$3 Senior Services, Inc. lunch immediately following the NMO presentation. Pre-register at 329-4555.

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### Big Screen Movie

Monday, December 8, 1:15 PM

#### "The Christmas Blessing"

In this inspiring sequel to "The Christmas Shoes," young Nathan Andrews (Neil Patrick Harris) is all grown up. As a young doctor, he finds himself questioning his career choice and goes to his hometown to reconnect with his father. Once home, a blossoming romance with teacher Megan Sullivan (Rebecca Gayheart) and a fast friendship with her student Charlie Bennett (Angus T. Jones) teach Nathan to live life in the moment and embrace the time he has with friends and family. Rated G. Closed-captioned. 92 minutes. View the movie for free; 50 cents for popcorn.

### Art Open Session

Mondays, 1:00 - 3:00 PM

This open session offers beginning and accomplished artists of all mediums the chance to get together once a week and share their creativity with like-minded individuals. Bring your own supplies and enjoy the fellowship at this Art Open Session.

### Book Club

2nd Monday, 10:00 - 11:00 AM

December: *Pomegranate Soup* by Marsha Mehran  
January: *The Art Forger* by B.A. Shapiro  
Check the bulletin board under "Programs and Activities" for more information. The group leader is Ann Perkins.

### Big Screen Movie

Monday, January 12, 1:15 p.m.

#### "Born Free"

Beautifully photographed, "Born Free" is set on the vast, golden savannas of central Africa. This true adventure is from the best-selling novel about a woman who raised a lioness and eventually set her free. It's a story of courage and love, nature and human nature, and a relationship unlike any other ever filmed. Rated PG. Closed-captioned. 95 minutes. View the movie for free; 50 cents for popcorn.

### Choir

Thursdays, 9:30 AM

The Portage Senior Center Choir is looking for men and women who enjoy singing. Neither an audition nor a great voice is required. The choir performs at retirement communities, PSC activities, and other community events. The group leader is Marilyn McKinley.

### Garden Pals

This informal group meets one or two times a month and invites you to join them. The goal is to maintain and improve PSC garden areas for the enjoyment of members and guests. Call the Reception Desk at 329-4555 for more information on this group, led by Joyce Tuinier.

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Don Osterhout, Portage, Michigan, May 17, 2014

When one person shares their positivity, we all share in it. To share how Bronson Positivity has impacted your life, or to watch a video of Don's story, visit [bronsonpositivity.com](http://bronsonpositivity.com).



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## Dining Out Club

Enjoy a delicious meal and great company! Call in your advance reservation by noon on the previous business day for this activity. All meals are self-pay. Hosts: Hal and Shirley Ray.

### December

#### Dinner

Monday, December 1  
5:00 PM  
Martell's  
3501 Greenleaf Blvd.,  
(formerly The Black Swan)

#### Breakfast

Tuesday, December 9  
8:30 AM  
Full City Cafe  
7878 Oakland Dr.

#### Lunch

Thursday, December 18  
11:30 AM  
University Road House  
1332 West Michigan

### January

#### Dinner

Monday, January 5  
5:00 PM  
Applebee's  
6675 S. Westnedge

#### Breakfast

Tuesday, January 13  
8:30 AM  
Derk's  
3610 Sprinkle Rd.

#### Lunch

Thursday, January 15  
11:30 AM  
Finley's American Grill  
5160 West Main

## 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.

## iPad Discussion Group

*Thursday, December 11, 10:00 AM*

This discussion group will include questions and answers on using the iPad and demonstrations on drawing and sketching using the iPad. Bring your own iPad if you have one. The group leader is Larry Smith. Register at the Reception Desk.

## 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 desire to have fun! Contact Queen Marie Tucker at 269-375-2104 if you are interested in joining this group.

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## Hand Chimes

*Thursdays, 1:00 PM*

If you have ever wanted to play an instrument, here is your chance to turn sounds into music! A musical background is not required, but you must be able to keep time. Hand chimes (provided) are like hand bells, but are lighter in both sound and weight. Group leaders are Freya Lake and Jeanne Faker.

## Loaves & Fishes - PSC Bag Recycling Program

*Wednesdays (1st) & Thursdays (1st) Only*

This group collects paper and plastic grocery bags on the first Wednesday and Thursday of each month. The bags are used for the Grocery Pantry Program at Kalamazoo Loaves & Fishes. Bags are sorted on the first Friday of the month after bag collection dates.

## PSC Bike Club

*Wednesdays, 8:30 AM*

The PSC Bike Club has ended its biking season and will regroup in May 2015. The initial meeting for 2015 will be Wednesday, April 29, 9:00 AM, when they will go over the rules for riders and the biking schedule. The group leader is Bob Strader.

## PSC Needlers

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

The PSC Needlers meet weekly to knit, crochet and donate completed projects to various community agencies throughout the year. New members are always welcome to join us.

## Readers Theatre

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

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

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All fees listed as Member/Non-Member unless otherwise noted. Class schedules are subject to change. For more information on the classes or class schedules, please call 329-4555. Portage Senior Center accepts cash or checks for payment.

**EXERCISE CLASSES**

**Body Rebound - Instructor, Helene Thompson**  
**Monday-Wednesday-Friday, 10:30 AM -11:30 AM**  
**8 weeks, \$42 Member/\$52 Non-Member**

**December 10 – February 16**

**No Class December 22 – January 2**

This non-aerobics class begins with stretching and chair exercises, and includes work with hand weights and small foam balls (provided). Good for the person who wants to stay flexible and increase muscle strength.

**Enhanced Fitness – Instructor, Deb Snell**  
**Monday-Wednesday-Friday, 8:10 AM - 9:10 AM**  
**8 weeks, \$42 Member/\$52 Non-Member**

**November 12 – January 21**

**No Class December 22 – January 21**

Developed at the University of Washington in Seattle, this class is a safe and effective program for seniors with a wide range of physical abilities. The class includes strength training using hand and ankle weights, low-impact aerobics, balance and stretching.

**T'ai Ji - Instructor, Ed Kehoe**  
**Tuesday, 8:30 AM – 9:30 AM, 7 weeks**  
**\$42 Member/\$52 Non-Member**

**December 9 - January 20**

All forms of T'ai Ji share the same philosophy - yield to incoming force and redirect it. T'ai Ji loosens the joints and makes the spine stronger and more flexible. It benefits the heart and lungs as well, especially for those who cannot do strenuous exercise.

**Yoga – Instructor, Christine Peckels**  
**Tuesday, 1:00 PM – 2:30 PM – 8 weeks**  
**\$72 Member/\$82 Non-Member**

**December 9 – February 10**

**No Class December 23 and 30**

Improve fitness and inner calm through focused slow stretching movement in a tranquil atmosphere. Participants are asked to bring an exercise mat.

Location: St. Catherine of Siena – Stanley Center

**Seven Tips for Winter Health for Older Adults**

While many people wish for a “White Christmas,” the reality is that the same snow and ice that make a “White Christmas,” can also pack a painful one-two punch, especially for seniors.

1. Tread carefully

To help avoid falls, wear appropriate shoes outdoors and sprinkle road salt, sand, or kitty litter on sidewalks and driveways.

2. Avoid overworking

Find someone to handle snow shoveling and other strenuous outdoor tasks.

3. Exercise indoors

Staying indoors does not mean being inactive. Keep in shape by using a stationary bike or working out with a fitness video, available at the local library..

4. Bundle up

Cold temperatures are a serious threat to seniors. Dressing in layers can help. Wear only what you need to keep warm: light, medium, or heavy sweater, or light, medium, or heavy jacket or coat.

5. Keep the heat on

Inadequate indoor heat can cause hypothermia. Keep home temperatures above 65 degrees and dress in layers to maintain body temperature. If you have difficulty paying the heating bill, contact your gas or electric utility about ways to continue service through the winter.

6. Clear the air

If you heat your home with a fireplace, gas furnace or gas-powered space heater, invest in carbon monoxide detectors, which can be purchased at a home improvement store for as little as \$30 each.

7. Socialize

Depression is more common in winter, creating a vicious cycle. Bad weather can mean social isolation for many seniors, and the isolation can trigger more depression. Make efforts to spend time with family, friends and neighbors, and when weather makes visiting difficult, pick up the phone for a chat.

Source – Center for Aging & Community, University of Indianapolis

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**SilverSneakers Splash – Portage YMCA**  
**2900 W. Centre Ave**  
**Tuesday & Thursday, 11:00 AM – 12:00 PM,**  
**7 weeks, \$60 Members Only**  
**October 28 – December 18**

This is an aquatics-based exercise program designed to help build strength and increase range of movement. Since all exercises take place in the pool, there is minimal wear and tear on your joints. This class is made possible through a partnership between the PSC and Portage YMCA. Participants register and pay at the YMCA, and will need to present this class flyer or your MySeniorCenter (MSC) card upon registration.

**COMPUTER CLASSES**

**Computer Tutoring – Members Only**  
**Monday & Friday, 10:00 – 12:00 PM, Members**  
**\$10/hour**

Individual tutoring with or without a laptop computer by an experienced volunteer is available Monday, Wednesday or Friday. Your appointment focuses on whatever aspect of computer usage you'd like to cover. Register and pay at the PSC Reception Desk.

**Laptop Introduction to Office**  
**Instructor, Royce Bland**  
**Wednesday, 10:00 AM – 12:00 PM, 7 weeks**  
**Members Only - \$24**  
**January 14 – February 25**

Laptop Introduction to Office is designed for individuals who have some basic working knowledge but would like to learn more about how to utilize Microsoft Office software

for personal applications. The 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. Students will use the flash drive to save lesson plans and homework.

**ART CLASSES**

**Painting with Acrylics – Instructor, Rae Sills**  
**Wednesday, 1:00 PM - 3:00 PM, 6 weeks**  
**\$62 Member/\$72 Non-Member**  
**April 1 – May 6**

The emphasis in the class will not only be learning color, design and texture, but also the use of the mediums in manipulation of quick dry paint. The student will work from photographs of his or her choosing. Rae is experienced in many mediums and will allow a student to work in another medium upon request. (No oils, please.) Pick up the supply list at the Reception Desk when registering.

**Reminiscence Writing – Instructor, Wilma Kahn**  
**Wednesday, 10:30 AM – 12:00 PM, 7 weeks**  
**\$32 Member/\$42 Non-Member**  
**February 4 to March 18**  
**April 1 to May 13**  
**May 27 to July 8**

Write about reminiscences old and new. Topics include ancestors, childhood, school days, adulthood, military

*Continued on page 9*

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from page 8

service, career, children, grandchildren, pet peeves, travels, current events, or whatever you want to write about. This class is a great opportunity to make new friends, share your writing, and learn from others. The instructor has an MFA in creative writing and a DA in English, and gives written responses to class member's work.

**Scholarships:** The PSC is fortunate to maintain 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 who are experiencing financial hardship are encouraged to contact Manager Kim Phillips or Program Coordinator Denita Demler for additional information regarding scholarships. All information is kept confidential.

### Sisterhood

**Fridays (2nd), 1-2:30 PM**

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.

**Friday, December 12**

Time: 1:00 PM - 2:00 PM  
Event: Holiday Lunch at Olive Garden  
Site: 6700 S. Westnedge  
Host: Pat Goff

**Friday, January 9, 2015**

Time: 1:00 PM - 2:00 PM  
Event: General Meeting for planning future programs  
Site: PSC  
Host: Barb Lewis

### Walkers with Walkers

**Tuesdays and Thursdays, 9:30 AM**

Walkers with Walkers are members who use assistive devices to help with mobility. 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 Crossroads Mall Food Court at the Carousel. Penny Newhouse is the group leader.

### Super Books – Fundraiser!

The PSC will be selling Super Books, again, beginning in December! Profit from the 2014 Super Books was \$750. This money provides funds for programs and events. With the holiday season coming up, don't forget that Super Books make great gift ideas!

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## Living with Alzheimer's: For early-stage caregivers

Tuesdays, January 6, 13 & 20, 6:30 PM – 8:00 PM  
Free and Open to Public

Join us for an early stage education program by the Alzheimer's Association. In the early stage of Alzheimer's disease, families face new questions and adjustments. What resources are available to help? Join us for this 3-part series to hear practical answers to the questions that arise in the early stage. Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis. This program is free, but a donation of \$10 per person (or family) per session is appreciated. Advance registration is required. Please call 800-272-3900 to register. Programs with less than 5 registrants are subject to cancellation.

## Hearing Screenings

3rd Tuesday, 9:00 AM - December 16 and February 17  
9:00 – 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 re-tubing, 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 - 2:30 PM

Session 1: December 11

Session 2: January 8, 2015

Fee: \$7/\$9 /Non-Members/Session

Instructor: Suzanne Gernaat

A strong prevention program can prevent memory loss and delay the onset of Alzheimer's Disease. 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! Register at 329-4555.



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## A Matter of Balance Workshop

Fridays, 9:30 AM – 11:30 AM, 8 weeks

January 9 – February 27

Wednesdays, 1:30 PM – 3:30 PM, 8 weeks

February 4 – March 25

Fee: Free, but donations are appreciated

Sponsor: Area Agency on Aging IIIA

Are you wondering what happened to your balance, or wobbling a bit when you walk, or wavering some when you stand? Nearly one-third of seniors over the age of 65 will fall each year, and that percentage increases by 50% by the age of 80. Yet falling is NOT a natural part of aging; it's the body's reaction to a number of causes that we help address and change in this very popular eight-week workshop that helps older adults stay safe, active and independent. Register at 329-4555.

## Membership Has Its Benefits!

A list of local businesses who offer discounts to seniors, and some who offer discounts only to Portage Senior Center members through the Business Partnership Program, is available at the front desk. This list will be updated as new partners are added, so be sure to ask if you have the most recent list!



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OF KALAMAZOO

Local Roots. Vibrant Senior Living.

Heritage Community has been serving Kalamazoo seniors and their families for more than 60 years. Today, we're the only locally owned and operated continuing care retirement community in the area.

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](http://www.heritagecommunity.com) or call 269-226-6321 for more information

**Independent Living**  
Wyndham Apartments  
Heritage Hills Apartments

**Assisted Living**  
Wyndham West  
Directors Hall

**Residential Memory Care**  
Amber Way  
Amber Place

**Skilled Nursing and Rehabilitation Services**  
Harold & Grace Upjohn  
Community Care Center

## PSC Volunteers

Did you know...we currently have 250 volunteers at the Portage Senior Center? In September, 141 active volunteers amassed a total of 1,949 volunteer hours. If you have a desire to help others and your community, you can start volunteering today! The opportunities are almost limitless. Contact Denita Demler, Volunteer Coordinator, if you are interested.

## Quarterly Volunteer Orientation

*Thursday, January 22, 10:00 AM*

Do you want to be a volunteer at the PSC? What does this consist of? The discussion will include a history of PSC, current and future volunteer programming, benefits of volunteering, MySeniorCenter™ (MSC) membership database, and logging volunteer hours. The orientation benefits both new and experienced volunteers. As a new volunteer who has attended the Quarterly Volunteer Orientation, your account for volunteering will be activated in MSC after Orientation. Register at the Reception Desk.

## Volunteer Musicians Wanted

The PSC Band is looking for the following volunteer musicians to join their group:

Trumpet...full-time or sub

Tenor Sax - full-time

Accordion - full-time or sub

This group meets once a week on Tuesdays beginning at 3:00 PM or unless they have scheduled performances outside of the PSC. The Band plays music of the big band era and some contemporary pieces. If you are interested in these positions, please contact Fran Klooster at 629-9954 or email her at [franklooster@msn.com](mailto:franklooster@msn.com).

## Volunteer Greeters

Volunteers are needed to greet potential members and assist members at the MySeniorCenter membership kiosk. Two-hour shifts are available on Tuesday and Wednesday, from 9 - 11:00 AM. If interested, please call the Volunteer Coordinator at 329-4553.

## Volunteer Van Driver

Volunteer drivers are needed to transport patrons in our Community Service Van program (CSV) on a planned route to and from various center activities and grocery shopping trips within the City of Portage. Days vary, with general hours of 8:30 AM - 1:30 PM. The next Kalamazoo Metro CSV training is January 20, 2015. Contact the Volunteer Coordinator at 329-4553 for more information on this position.

## Volunteer Laptop Computer Tutors

Tutors will work with members to introduce them to various software applications and the Internet. Members are generally beginners, but may have some previous experience on the computer. Tutors should be knowledgeable of the following applications: MS Word, PowerPoint, Excel, and Internet. Must commit to six months of approximately two hours per week. Contact the Volunteer Coordinator.

## Intergenerational Programs

### Partners

The Partners Program started in October to create friendships and strengthen intergenerational connections among 19 senior members of the PSC program and 19 fourth grade students from the classroom of Sheila Clothier at Portage Central Elementary. To accomplish this, the seniors will go into the classroom once a month and help students complete activities. The seniors go on a field trip with the students in the spring. In May, they hold a celebration potluck at the PSC where students are invited to bring their families to meet their senior partner. The Intergenerational Coordinator for this program is Zoe Miller.

## Pen Pals

This program creates friendships and strengthens intergenerational connections between the 29 senior members of the PSC program and the 29 third-grade students from the classroom of Rhonda VanderVeen at Angling Road Elementary in Portage. The seniors and students will exchange Pen Pal letters one time per month. In May, the seniors and students will meet each other for the first time at a Pen Pal party at the school. The Intergenerational Coordinator for this program is Zoe Miller.

## Volunteer Receptionists Needed

### Portage Community Center

The Portage Community Center is in need of volunteer receptionists to greet customers, answer the telephone and assist staff with general clerical tasks. Call the Community Center at (269) 323-1942 to find out more about this opportunity.

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### Thank You Donors

The following gifts were received between August 13 and October 21

#### Donations of Kitchen Products & Supplies:

Howard Strong, Wes Merriman, Helen Lovin, Michael Johncock, Eleanor Burklow, Dee Osterling, Shirley McKinney, Mary Lou Petrulio. Roger Latvala

#### Donations to the Annual Fund:

Lawrence & Babbette Smith, Jack & Anna Stryd, Marilyn Highland, Barbara Casey

#### Donations to the Endowment Fund:

Jack & Anna Stryd

#### Memorial Donations:

Timm & Susan Pschigoda in memory of Evelyn Brooks  
Evelyn Evans in memory of Beverly Jevette

### Matching Your Donations

If the company you are working for or retired from offers to match your donation dollars, please help us take advantage of the offer! Pfizer matches the charitable donations of its employees and retirees at a 50% rate.



**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**

call for a **FREE ASSESSMENT**

**3700 W. Michigan Avenue in Kalamazoo**  
[www.NewFriendsMemoryCare.com](http://www.NewFriendsMemoryCare.com)

### Welcome, New Members Between August 13 and October 21

- |                        |                       |
|------------------------|-----------------------|
| Keith & Joyce Hartline | Albert Steffens       |
| Corinne Herschleb      | Martha Lentz          |
| Maxine Zimmer          | Harold Pinkster       |
| Mary Case              | Margaret Schuring     |
| Dolores Nidiffer       | Margaret Kean         |
| William Roussey        | Ted & Ellen Colston   |
| John Rose              | Marilyn Uramkin       |
| Raeann Snook           | Andrew Knight         |
| Laurel Caswell         | Bernice King          |
| Sharon Morris          | Beverly Tulloch       |
| Doyle & Dottie Lyles   | Ardith Hrab           |
| Patricia Bates         | Mary Anne Berghuis    |
| Linda Schiele          | Annette LaVier        |
| Judy Hastings          | Carole Cook           |
| Linda Cook             | Patricia Forman       |
| Caroline Riehl         | Dorothy Bangs         |
| Barbara Bott           | Judy & Lyle Weidemann |
| Glenn Sherman          | John & Doris Auringer |
| Jo Mursch              | Gillis & Martha       |
| Karen Lesman           | VandeLinde            |
| Janice Livesay         | Chester Kuchta        |
| David & Janet Bogema   | Clair Branch          |
| Sally Keel             |                       |

### Attention, All Harding's Shoppers

Pick up a Harding's eScript Community Card at the Portage Senior Center (PSC) and register your card by calling 800-931-6258 or visiting [www.escript.com/Hardings.jsp](http://www.escript.com/Hardings.jsp)

Use your card when you check out at Harding's and up to 4% of your total bill will be donated to the Friends of the PSC! It's free, easy, and powerful!

<b>Harding's Shoppers</b>	
	Pick up a Harding's eScript Community Card at Harding's Markets today!
Register your card by calling 800.931.6258 or visit <a href="http://www.escript.com/Hardings.jsp">www.escript.com/Hardings.jsp</a> .	
Harding's Markets will contribute up to 4% of your purchases to our organization every time you shop and swipe your card.	
It's Free, It's Easy, It's Powerful 	

### Your Company

How would you like to print 2,500 business cards and have them delivered for less than 3¢ each to the homes of 2,500 active seniors with discretionary income and time?

To learn more about placing your advertising message in the Portage Senior Center's newsletter, call Jim Coppinger today at 345-3718. Space is limited.

## Great Day-Trip Outings!

### ZEHNDER'S HOLIDAY SHOW . . . Frankenmuth

**Monday, December 1**

Zehnder's Holiday Show features "New Odyssey," 3 guys with 30 instruments. Outstanding arrangements of almost every style are performed, ranging from Beethoven to the 40's and from the Swing Era to the 80's and 90's top 40 and, of course, some of your favorite Christmas tunes! Includes lunch. \$110 Member, \$120 Non-Member.

### CHRISTMAS WITH THE OAK RIDGE BOYS . . .

Shipshewana, Indiana

**Saturday, December 6**

It's two shows in one as the legendary Oak Ridge Boys kick off this big show with their world famous four-part harmonies and a string of hits that spans four decades. Toes will be a tappin' to smash hits "Elvira" and "Bobbie Sue," plus many more of their award-winning hits. The Oak Ridge Boys treat you to Christmas as only they can, from rollicking Santa songs to heartfelt standards. This limited tour is a family favorite for the holiday season! Trip includes a meal at Blue Gate Restaurant. \$99 Member, \$109 Non-Member.

### BETHLEHEM'S TOWER, A CHRISTMAS PAGEANT . . . Lake Zurich, Illinois

**Saturday, December 13**

The biblically-based story of Jesus' life from birth to crucifixion to resurrection. Told through the use of live animals, magnificent costuming and GRAMMY and Dove award-winning music, this extraordinary production is comparable to shows seen in the *Sight and Sound Theatres* of Branson, Missouri and Lancaster County, Pennsylvania. *Bethlehem's Tower* has been broadcast by Chicago television. Lunch with ambience included. \$103 Member, \$113 Non-Member.

## Extended Trip – 2014 Fun Get-Away!

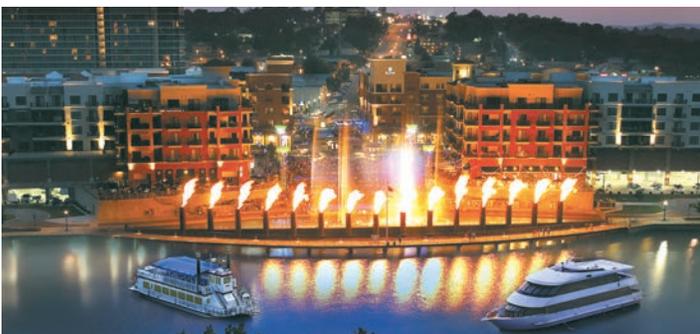


Photo courtesy Branson Convention & Visitors Bureau

### A BRANSON CHRISTMAS . . . Branson, Missouri

**December 1 - 5**

Get in the Christmas spirit with a motor coach tour to Branson, called the "Live Music Show Capital of the World." The highlight of this trip is the Andy Williams Christmas Show, starring the Lennon Sisters and the

Osmond Brothers! Also included are *Jonah*, at the Sight and Sound Theatre, Doug Gabriel, the New Family Sensation "SIX," The Brett Family Singers, and the #1 Hits of the 50s and 60s. Sponsored by Ed & Ted's. Price starts at \$929.

## Fun 2015 Day-Trip Outings!

**"I LOVE LUCY!" Live on Stage**, Wharton Center . . . Lansing

**Saturday, February 14**

It's 1952 and you're a member of the studio audience awaiting the filming of two hilarious and oh-so-familiar *I LOVE LUCY* episodes. Imagine stepping back in time onto the Desilu Playhouse soundstage where a charming host entertains and enlightens you to the behind-the-scenes filming process, the 1950s hi-fidelity technology and this brand-new thing called "television." When the episodes begin, you will witness firsthand the side-splitting antics of that crazy redhead in the Ricardo's New York apartment and thrill to the Cuban sounds of "The Ricky Ricardo Orchestra." Make this Valentine's Day special by experiencing the most entertaining stage production in years. The truth is in the title - whether young or old, everybody really *does* love Lucy! Lunch included. \$102 Member, \$112 Non-Member.

### MORE LOCAL TREASURES . . . Kalamazoo

**Tuesday, March 31**

Get to know Kalamazoo better by joining us as we tour Bell's Brewery, Chenery Auditorium, City Hall, 5th/3rd Bank, Kalsee, and Wolf Lake Fish Hatchery. Lunch included at the Park Club. \$46 Member, \$56 Non-Member.

### VERA BRADLEY VALUES . . . Ft. Wayne, Indiana

**Saturday, April 11**

Being a "Bag Lady" is pretty cool as long as your bag is designed by Vera Bradley. Bags of every sort, purses of all sizes and shapes, totes and even duffle bags will all be on sale at 40% - 60% off during the annual Vera Bradley Outlet sale. The sale is open by reservation only and not open to the general public. After lunch, at a popular Fort

*Continued on page 17*

## Free Estate Planning Workshop

### Learn how to:

- Protect your 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.

Reserve your spot at the next free, no-obligation workshop in Portage

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Portage

[bill@wieringalaw.com](mailto:bill@wieringalaw.com)



**from page 16**

Wayne "Ristorante" (included), relax and enjoy an oasis in the heart of Ft. Wayne, the Foellinger-Freimann Botanical Conservatory. \$92 Member, \$102 Non-Member. **Sign-up deadline is November 28.**

**MUSIC AND MORE . . . Grand Rapids**

**Friday, April 17**

Travel first to St. Cecilia's Music Center with a warm welcome of coffee and pastries. Within the Center is the beautiful and historic Royce Auditorium, featuring the sights and sounds of a Baroque Concert by the Grand Rapids Symphony. Hear music by Rebel, Telemann, Handel and Rameau. The next stop is fine dining at the Women's City Club, where your taste buds will be delighted. Dinner and a tour of the historic building follow. Proceed to the Grand Rapids Public Museum for "Strike Up the Band," a Wurlitzer organ concert featuring the music of Gershwin, Joplin and Berlin. This concert is performed on the mighty Wurlitzer Pipe Organ - the most famous musical instrument built by Wurlitzer! \$80 Member, \$90 Non-Member.

**"BILLY ELLIOT" . . . Drury Lane Theatre . . .**

Oakbrook Terrace, Illinois

**Thursday, April 30**

You can experience Billy's thrilling, inspiring story . . . in the most exciting musical of the decade. It is one of the most celebrated, award-winning musicals and has

captivated audiences around the world. Set in a northern mining town against the background of the 1984-85 miners' strike, Billy Elliot is the inspirational story of a young boy's struggle against the odds to make his dream come true. Includes lunch. \$118 Member, \$128 Non-Member.

**ON THE GO, A MYSTERY TRIP**

Wednesday, May 6

It's mystery trip time again! This time you will be transported to places where you will see things that move us. What fun we will have as we travel along, and we'll even stop to enjoy a great meal (included) while we're away. If you want to know, you have to go! \$73 Member, \$83 Non-Member.

**"TALLEY'S FOLLY" . . . Purple Rose Theatre, Jackson & Chelsea**

**Wednesday, May 13**

Do you believe that one mesmerizing evening can change the course of two lives forever? Join us for Lanford Wilson's Pulitzer Prize-winning romantic comedy about a pair of mismatched souls longing to find love after nearly giving up on the dream. Lunch at the popular Common Grill Restaurant included. \$95 Member, \$105 Non-Member.

# Three great reasons to visit one of the best breakfast, lunch and dinner spots in town!

Michelle's serves EMA's signature breakfast, lunch, and dinner.  
Breakfast is served all day. Large Banquet Room Available!

**FREE**  
**Cup of Coffee**  
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Monday thru Friday  
7am to 8 pm

Saturdays & Sundays  
7am to 3 pm

**COURTHOUSE, CARS AND CUCUMBERS . . .**

Auburn, Indiana

**Thursday, May 21**

We'll begin our day with coffee and cinnamon rolls in Topeka, IN. Then on to Auburn to tour the historic courthouse and town, the Auburn Cord Duesenberg Museum, lunch (included) and Sechler's Pickles. \$82 Member, \$92 Non-Member.

**GET INTO THE SPIRIT . . . Tecumseh & Jackson**

**Thursday, June 11**

This is a day of spirited fun, tastes and sights winding down two-lane roads in Southeast Michigan, also known as the "Pioneer Wine Trail." A beautiful ride through the Hidden Lake Gardens is also included, a Michigan State University site with a stop at the conservatory, which houses a wonderful display of Bonsai plants. This is a trip you won't want to miss as lunch, wine tastings and a few extra stops are included! \$90 Member, \$100 Non-Member.

**"SEX, PLEASE WE'RE 60!" . . . Cornwell's Turkeyville . . . Marshall**

**Tuesday, June 9**

This farce, set at a quaint and cozy bed and breakfast in New England, is "the Golden Girls meets Grumpy Old Men," filled with mayhem, mischief and mood swings. Enjoy the fun when the ladies run into a mix-up of libido-boosting pharmaceuticals! Lunch included. \$74 Member, \$84 Non-Member.

**CRANBROOK ART MUSEUM, HOUSE & GARDENS . . . Bloomfield Hills**

**Wednesday, June 24**

Spend the day at one of Michigan's cultural gems: the Cranbrook Art Museum, House and Gardens. Begin with a tour of the manor home of Cranbrook's founders, George and Ellen Booth, who also figure prominently in Detroit newspaper history. Then enjoy an included lunch on the property. Before and after lunch, spend time in the gardens enjoying the flowers, fountains and sculptures. Time will also be provided to visit the Cranbrook Art Museum, the centerpiece of the Cranbrook Academy of Art. \$100 Member, \$110 Non-Member.

**A JAPANESE EXPERIENCE . . . Grand Rapids**

**Tuesday, July 14**

Experience Japanese culture on this trip! Travel to a Japanese steakhouse for entertainment and great food (included). Each table will have its own Hibachi chef providing a show while preparing lunch. Transfer next to Meijer Gardens to see what's new! Opening in 2015 is a Japanese garden that we will be viewing. A docent-led tour inside the facility will highlight the "Splendors of Shiga" exhibit, with Japanese historical objects from the 17th century to the present day. Shiga is Michigan's sister state in Japan, so come and see this unique exhibition! Tram ride through the gardens and Sculpture Park also included. \$73 Member, \$83 Non-Member.

**NEW! ROY CLARK . . .** Shipshewana, Indiana, Thursday, May 14. \$95 Member, \$105 Non-Member.

**Extended Trips – 2015 Fun Get-Aways!**

**SEDONA & TUCSON, ARIZONA**

**February 21–27**

Beat the winter blues and travel to the "Valley of the Sun" by Kalamazoo-Detroit transfer, Detroit-Phoenix direct flight, and deluxe motor coach transportation – all included. Experience stunning vistas and breathtaking views of red rocks, canyons, buttes in the distance and mesas rising into deep blue skies. Spend 3 nights in Sedona and 3 nights in Tucson in first-class lodging. Highlights include San Xavier Mission, Pima Air Museum, Kartchner Caverns, Sabino Canyon Trolley Tour, Pinnacle Peak & Trail Dust Town, Case Grande Ruins National Monument, Biosphere 2, Verde Canyon Rail Journey, Sedona Trolley Tour, city tours and much more! Sponsored by Shoreline Tours. Price starts at \$2,374 (double).

**THE ST. PATRICK'S DAY PARADE IN SAVANNAH, GEORGIA**

**March 15–23**

Celebrate this St. Patrick's Day in style...Travel by deluxe motor coach with Ed & Ted's Excellent Adventures to Savannah, Georgia! Reserved seating for one of the nation's largest St. Patrick's Day parades. With participants from all over the world, it's a spectacle to behold. This trip also features the best of Charleston and Myrtle Beach, as well! This is one adventure you won't want to miss and it will fill up quickly! Price starts at \$1,649 (double).

**FOLLOW THE YELLOW BRICK ROAD . . . Fireside**

**Theatre . . . Fort Atkinson, WI**

**April 14–15**

The road to Oz was not without adventures! Come along as we encounter new sites on our way to visit the great wizard. Our journey will include visiting an 1888, 20-room Queen Anne mansion located on Lake Geneva, a 1890s observatory that houses the world's largest refracting telescope and a movie studio where we will discover how a motion picture is made. You'll have a chance to browse around in unique boutique shops and enjoy lunch (on your own) in Lake Geneva. Finally, we will arrive in the enchanted Land of Oz (Fireside Theatre/meal included) to witness the classic tale of the "The Wizard of Oz." Price starts at \$299 (double)

**GET YOUR KICKS ON ROUTE 66 . . . Illinois**

**June 1–4**

You know the line . . . "Get your kicks on Route 66." Well, come along while we do just that – journeying along the famous route, experiencing travel much as it was in the first half of the 1900s. Mom and Pop businesses dominated the landscape, and they used every gimmick they could think of to make travelers stop:

*Continued on page 19*

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giant statues, bold neon signs, billboards of all sizes, unique foods, and just plain old amusement. Illinois is blessed with the greatest concentration of these icons of the "Mother Road." We aim to see more than a few as we travel this historic road from Willowbrook, IL, to the notorious Chain of Rocks Bridge which crosses the Mississippi into St. Louis. Price starts at \$399 (double).

**CAPE COD & ISLANDS**

**June 13-20**

Travel by deluxe motor coach with Ed & Ted's to Cape Cod and the Islands and features 5 nights at the Red Jacket Beach Resort overlooking Nantucket Sound! Highlights include guided tours of Hyannis, Sandwich, Plymouth, Martha's Vineyard, Chatham to Provincetown, and Nantucket. A whale watch cruise, high speed ferry to Nantucket Island, ferry to Martha's Vineyard and visits to Cape Cod National Seashore, Flax Pond Cranberry Farm, and Sandwich Glass Museum are also included. Price starts at \$1,699 (double).

**A DECADENT ADVENTURE . . . Milwaukee, Wisconsin July 8-9**

It's all about your taste buds when we visit Milwaukee for an ethnic adventure. Participate in a cooking demonstration with lunch included at the popular Milwaukee Public Market, then tour Pabst Mansion and Brewery where specialty pizza will be delivered to us (included). Enjoy "Motown the Musical," classic songs through the American dream story of Motown founder, Berry Gordy, and his journey from struggling producer to music mogul. Gordy launched the careers of Diana Ross & the Supremes, Michael Jackson, Smokey Robinson & the Miracles, and many more. Our Milwaukee finale will be a progressive meal with a delicious side of history. This ethnic adventure provides a history of Milwaukee's immigrant palates by highlighting 3 restaurants during a 3-course meal, a great opportunity to explore neighborhoods celebrating Irish, Italian, Polish and German traditions. Price starts at \$299 (double).

**NATIONAL PARKS & CANYONLANDS OF THE WEST**

**September 13-20**

This amazing, scenic journey features two world class train journeys! Destinations include Salt Lake City, Dead Horse Point State Park, Arches National Park, Canyonlands National Park, Mesa Verde National Park, Durango & Silverton Rail, Cumbres & Toltec Railroad, Sandia Peak Aerial Tram, and Santa Fe, New Mexico. Call the Trip Office for prices.



**International 2015 Trips!**

**THE SCANDINAVIAN**

**June 26-July 10, 2015**

Scandinavia is Western Europe's most prosperous, pristine and progressive corner. This getaway offers sparkling lakes, spectacular fjords, and more. From Copenhagen travel to Aarhus, Gothenburg, Stockholm, Karlstad, Lillehammer, Flam, Bergen, Geilo, and Oslo. Highlights include visits to Tivoli Gardens, Hans Christian Andersen's home, Den Gamle By in Denmark, Stockholm's City Hall, Gripsholm Castle, Lillehammer's Maihaugen Open-Air Museum, whimsical Frogner Park Sculpture Garden in Oslo, guided city tours and much more! This adventure offers a great variety of transportation, including a ferry crossing from Denmark to Sweden; a beautiful cruise on the Sognefjord and Naeroyfjord; and the Flam Railway! Sit back and enjoy an incredible train journey on one of the steepest railway lines in the world. Marvel at some of Norway's wildest mountain scenery, rivers cutting through deep ravines, cascading waterfalls, snow-capped peaks and remote farms clinging to steep slopes! Sponsored by Globus. Price starts at \$5,918. Deposit fully refundable until 2/20/15.

**DISCOVER SWITZERLAND, AUSTRIA and BAVARIA**

**September 30-October 9**

Journey through spectacular mountain scenery and picturesque cities, as you experience the enchanting Alpine cultures of Switzerland, Austria and Bavaria. Spend 4 nights each in the UNESCO world heritage city of Bern, and the charming Alpine city of Innsbruck. Walk the halls of the 13th century Chateau de Chillon, a princely residence on the shores of Lake Geneva. Ride the legendary Golden Pass Panoramic Train from Montreux to the Alpine ski resort, Gstaad. Explore Lucerne, the "Swiss Paradise on the Lake." Visit Mozart's birthplace and the Mirabell Gardens, featured in "The Sound of Music," during your time in Salzburg. See the fairy-tale castle, Neuschwanstein. Visit Oberammergau, a picture-perfect traditional German Alpine village, plus much more! *Early booking discount available.* Price starts at \$4,199 (double).

**ComForcare Home Care™**  
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 www.ComForcare/Kalamazoo

- SERVICE** Assistance with bathing, grooming, transfers, medications, meal preparation and safety supervision for fall prevention.
- ASSESSMENT** Initial and ongoing care assessments provided.
- SCREENING** Caregivers are meticulously screened and monitored for your peace-of-mind.
- SECURITY** Our caregivers are fully insured and bonded.
- SUPPORT** Home care and office assistance is available 24/7.

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Senior Citizens Services  
320 Library Lane  
Portage, MI 49002



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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.**

## Winter Closing Procedure

When the Portage Public Schools are closed due to weather, all programs and events are cancelled.

The Portage Senior Center closes at the discretion of the City Manager for weather-related emergencies, such as a power outage.

*Cancellations of trips will be determined on a case-by-case basis. Please make sure the Trip Office has your correct contact information when you register.*



## The Care You Need to Help You Stay in the Home You Love!



**CENTRA CARE**  
COMPREHENSIVE COMMUNITY-BASED OLDER ADULT SERVICES

When asked, most older adults say that they want to live in their own community as long as possible. For those with chronic conditions and limited resources, this can be a challenge.

CentraCare is part of the National PACE Program (Program of All-Inclusive Care for the Elderly) and serves to meet the health care needs of frail adults 55 or older living in Kalamazoo County.

**Services are coordinated by CentraCare to:**

- Ensure safety in the home
- Promote wellness
- Focus on quality medical care
- Provide an opportunity for socialization
- Support caregivers

CentraCare, located in downtown Kalamazoo, is committed to supporting older adults to remain in the community and to enhance their quality of life.

**Call us to find out if CentraCare is right for you or someone you love.**

445 W. Michigan Avenue, Kalamazoo

(269) 488-5460 • toll-free (800) 488-5860 • [www.mycentracare.com](http://www.mycentracare.com)

