



Portage Senior Center Newsletter

2014 Art Encounters:

**A Festival of Music, Art Demonstrations, and Interactive Art and Crafts for All Ages
Saturday, August 9, Noon - 3:00 PM**

This is your invitation to a day of creativity, relaxation, and family entertainment!

Please join us for the 4th Annual Art Encounters event! The afternoon will feature local musicians,

dancers, interactive art activities, art and craft demonstrations, and is topped off with a "create your own sundae" ice cream social. Art Encounters is a joint venture between the Portage Senior Center and the

Portage District Library. Time your visit to include a noon visit to the popular Senior Center Ice Cream Social, which will feature our very own PSC Band. After lapping up the best of summer's offerings at the Center, you can saunter

enjoy Portage District Library for interactive art experiences and observe demonstrations. This year's Art Encounters will include dancers, drummers, and more!

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Shoji Tabuchi

Friday, August 22

Your Opportunity to experience the Auditorium Theater in Shippshewana is right here! The Blue Gate is the best place for evening entertainment in

Shippshewana and is fast becoming a household name in the Midwest, featuring world-class musicals with nationally recognized talent. This travel excursion comes complete with

Soji's talented wife and daughter in a show that rivals a Las Vegas production following a home-style meal in the comfort of the Blue Gate.

City Council Reinstates Senior Citizen Water Discount Program

On February 11, 2014, City Council voted to reinstate the senior citizen utility discount program. The program will become effective for utility bills billed after August 1, 2014. Specifics of the program

are as follows:

- A 10 percent discount on water commodity and base quarterly charges. Sewer charges are not discounted. The discount is available on the customer's primary resi-

- dence only.
- All eligible customers must apply, even if they have previously received a senior discount as this is a new program.

Continued on page 2

Message from the Manager

It's hard to believe it's already been two months since I started at the Portage Senior Center (PSC). Thank you so much for the warm welcome and support! I have truly enjoyed the opportunity to make new friends at the PSC as well as see some familiar faces. If we haven't met yet, be sure to stop by my office and introduce yourself.

I have been a resident of Portage for almost twenty years, and have one child, my daughter, Kathyryn, a recent graduate of Portage Northern High School, who currently attends Grand Valley State University. In my spare time, I love to cook and entertain for family and friends. Throughout my career, I have worked for several Kalamazoo area non-profits, and look forward to using this experience to benefit PSC projects and programs. My commitment to this organization and the

community it serves is unwavering, and my goal is to improve the Portage Senior Center's unique selection of programs for older individuals. We will continue to grow and change just as the needs of the community grow and change. My focus for immediate programming expansion will be in the areas of health, wellness and technology. We will also be working collaboratively with other area agencies and businesses to bring you new and exciting educational and social opportunities.

I am proud to know what a gem the PSC is, and I love being a part of such a great organization. The PSC offers an impressive assortment of programs, and is truly a benefit to the community. Don't keep our work a secret - I'll be sure to tell my friends and hope that you will do the same.

Kimberly Phillips

From page 1

- Completed application forms must be received by June 1, 2014, to be effective with the August 2014 billing. Applications received after June 1, 2014, will have the discount applied to the customers next billing cycle.
- For the initial August billing discount, applicants must be 65 or older by August 11, 2014 to be eligible. Proof of age eligibility must accompany a completed application. Customers applying after June 1, 2014 need to be 65 or older at the time of application.
- Applications are available at City Hall, the Portage Senior Center or on the city website at www.portagemi.gov/finance/discountapp.
- Completed application forms (including proof of eligibility) may be returned to the City of Portage Treasury Office by:
 - Mailing to 7900 South Westnedge Avenue, Portage, MI 49002
 - Hand deliver to City Hall during daytime hours
 - After hours drop box at City Hall
 - E-mail to treasury@portagemi.gov

For any questions regarding the Senior Citizen Water Discount Program, please contact the Treasury Office at 269-329-4455 or at treasury@portagemi.gov.

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.

Advisory Board

- Ann Perkins, Chair
- James Hoppe, Vice Chair
- Monifa Jumanne, Secretary
- Pat Berninger
- Mary Maisto
- Ruth Ann Meyer
- Mary Lou Petrulio
- Trudy Riker
- Art Roberts
- Helen Tubbs
- Kyle Huitt, Youth Participant*

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

Key Constituents

- Senior Services, Inc.*
Meal Site Coordinator
Vince Wheat
- Volunteer Editor*
Monifa Jumanne

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





2014 Art Encounters: A Festival of Music, Art Demonstrations, and Interactive Art and Crafts for All Ages

Saturday, August 9, Noon – 3:00 PM

Location: Portage District Library

Create your own sundae while listening to tunes by the Portage Senior Band, then learn the basics from local artisans, from knitters to wood carvers.

The events sponsored by the Portage District Library include music from local musicians ranging from blues to bluegrass, Celtic tunes to rock and roll. Librarians, teachers from Soga Japan Center, the Modern Chinese School of Kalamazoo, and members of the Kalamazoo Book Arts Center will provide interactive art for all ages. Members of the Chinese Ladies Art Club will host an art exhibit and artist demonstrations featuring traditional Chinese art. These events are free. No registration is required.

New Member Orientation (NMO)

Thursday, July 17, 1:00 PM

At the NMO, new members 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 NMO presentation. Pre-register at 329-4555.

Potlucks Return for Summer!

2nd Tuesday: June 10, July 8, August 12, 5:30 PM

Grab your slow cooker and a favorite dish! Join us for some delicious food while meeting new friends. Participants need to bring their own table service and a dish to pass (enough food for 6 people). Pay the registration of \$1 to the receptionist by the Friday before the event.

Art Club

Mondays, 1:00 – 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.

Readers 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.



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

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Big Screen Movie

Monday, June 9, 1:15 PM
"Winged Migration"

In this awe-inspiring documentary, five film crews follow a rich variety of bird migrations through 40 countries and each of Earth's seven continents. Seventeen pilots and 14 cinematographers use planes, gliders, helicopters and balloons to fly alongside, above, below and in front of their subjects. Be amazed by the wonders of the world's most gorgeous birds as they fly through areas as remote as the Arctic and the Amazon and as populated as Paris and New York City. Produced by Sony Pictures. Rated "G." Closed-captioned. 89 minutes. View the movie for free; 50 cents for popcorn.

Big Screen Movie

Monday, July 14, 1:15 PM
"Backroads and Byways of America"

Come, relax, laugh a bit and enjoy the journey as we travel America's back roads and byways. Visit historic and scenic places such as Gettysburg, Mount St. Helens, Lincoln Country and San Juan Capistrano. Listen to the amazing stories of their residents. Sing along to soul-stirring, heart-warming music of America. Michigan natives and acclaimed travelogue artists Don and Fran Van Polen also produced "Autumn Across America," which we enjoyed last November. Rated G. Partially closed-captioned. 80 minutes. View the movie for free; 50 cents for popcorn.

Garden Pals

This informal group meets one to two times a month and invites you to join them. The goal of the group is to maintain and improve PSC garden areas for the enjoyment of members and guests. Did you know the gardens around the City of Portage are a result of a *Kalamazoo in Bloom* partnership with the City of Portage? This year's theme is "A Zoo," and our PSC entrance is part of the effort and includes topiaries of a tortoise and hare. The Garden Pals and members of the Enhance Fitness class planted and will maintain these displays. The group leader is Joyce Tuinier.

Dining Out Club

See Schedule Below

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.

June

Dinner

Monday, June 2, 5:00 PM
Brann's Steak House
700 MLK Blvd., Portage

Breakfast

Tuesday, June 10, 8:30 AM
Tiffany's
3271 W. Centre, Portage
(next to Tap Rm)

Lunch

Thursday, June 19
11:30 AM
Café Meli
5200 Portage Rd., Portage
(formerly Callahan's)

July

Dinner

Monday, July 7, 5:00 PM
TGIFriday's
W. Main at US131, Kalamazoo

Breakfast

Tuesday, July 8, 8:30 AM
Yogi's
2070 VW Ave (west of
Vicksburg)

Lunch

Thursday, July 17
11:30 AM
University Roadhouse
1350 W. Michigan,
Kalamazoo

Book Club

2nd Monday, 10:00 AM

The Book Club will be vacationing during June, July or August. Check the bulletin board under "Programs and Activities" for fall information. The 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 activities, and other community events. The group leader is Marilyn McKinley.

iPad Discussion Group

Thursday, July 17, 10:30 AM

This discussion group will share experiences, problems and answer questions about the iPad. There will be demonstrations on sketching and photos. Register at the reception desk. The group leader is Larry Smith.

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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 only. The bags are used for the *Grocery Pantry Program* at Kalamazoo Loaves & Fishes. Bags are sorted on the first Friday after bag collection dates.

PSC Bike Club

Wednesdays, 8:30 AM

The PSC Bike Club rides at 8:30 AM, departing from the PSC on Wednesday mornings from May through October. For more information or a schedule of rides, check with the receptionist.

The group leader is Bob Strader.

PSC Social Golf League

Thursdays, May 1 - September 25

9 AM at States Golf Course, Vicksburg

The PSC Social Golf League is for members and meets every Thursday at 8:30 AM at the States Golf Course, at 9:00 AM. This event is self-pay at the course. Greens fees are \$10 and a half-cart is \$5. At the end of the season we will celebrate with a luncheon at the course. Come and join us!



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PSC Hand Chimes

A PSC member has expressed interest in re-starting the hand chimes group disbanded in 2011. If adequate interest is expressed at the initial meeting on Wednesday, July 9, 1:00 PM, we will move forward with this program. The group would visit nursing homes, perform at schools, and entertain at occasional PSC special events. No musical background is required, but chimers must be able to keep time. Hand chimes (provided) are like hand bells, but are lighter in both sound and weight. We request that participants commit for a minimum of one year. We will need at least eight members, including a group leader/music director. Register at the reception desk.

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 welcome to join us.

Recycled Cards

Tuesdays, 10:30 AM

The cards are available for sale in the PSC lobby. 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.

PSC Kazoos of the Red Hat Society

The PSC "Kazoos" of the Red Hat Society are going to have a special event in June at the Ladies' Library Association which will include lunch and a program. The lunch will be a delightful offering of punch, appetizers and dessert. Queen Marie Tucker will present her program on "The History of Hats." Come for the door prizes, fun and laughter! The invitation list for this event includes additional Red Hat Groups. The Ladies' Library Association building was renovated recently and offers a wonderful place to meet. If you are interested in attending, contact Marie Tucker (269-375-2014). Remember to check the Hall Display Case near the Craft room in June for the Red Hat display.

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All registration deadlines are one week prior to date of first class session, unless otherwise noted. Class fees will not 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.

Exercise Classes					
Class	Days	Time	Dates	Fee	Instructor
Body Rebound	M-W-F 8 wks	10:30 - 11:30 AM	6/06 - 8/01 No class 7/4	\$42/\$52	Helene Thompson
Enhance Fitness	M-W-F 8 wks	8:10 - 9:10 AM	5/19 - 7/16 No class 5/26, 7/4 7/18 to 9/12 No class 9/01	\$42/\$52	Deb Snell
QiGong	W 7 wks	7:00 - 8:00 PM	6/11 - 7/23	\$42/\$52	Ed Kehoe
Strength & Stretch	M-W 7 wks	9:20 - 10:20 AM	5/12 - 6/25 6/30 - 8/18	\$42/\$52	Joy Morris
T'ai Ji	T 7 wks	8:30 - 9:30 AM	6/17 - 7/29 8/12 - 10/07 No class 8/05, 8/19, 8/26	\$42/\$52	Ed Kehoe
Yoga	T 8 wks	1:00 - 2:30 PM	6/10 - 7/29 8/05 - 9/23	\$72/\$82	Christine Peckels @ St. Catherine's -Stanley Center
Zumba Gold	M 8 wks	5:00 - 6:00 PM	4/28 - 6/23 No class 5/26	\$26/\$36	Gretchen Pouliot
SilverSneakers Splash	T-Th 7 wks	11:00 AM - 12:00 PM	6/17 - 7/17 7/22 - 8/21	\$60 PSC Members	Pay @ Portage YMCA
Computer Classes					
Laptop Intro. to Office	W 7 wks	10:00 AM - 12:00 PM	5/14 - 6/25 7/09 - 8/20	\$24 Members Only	Royce Bland
Computer Tutoring	M-W-F	10:00 AM - 12:00 PM	2014	\$10 per hour Members Only	Paul Sabin or Gordon Heikkila
Art Classes					
Acrylic Painting	W 6 wks	1:00 - 3:00 PM	9/17 - 10/22	\$62/\$72	Rae Sills
Portraiture	W 4 wks	1:00 - 3:00 PM	11/05 - 11/26	\$42/\$52	Rae Sills
Reminiscence Writing	W 7 wks	10:30 - 12:00 PM	6/04 - 7/16	\$32/\$42	Wilma Kahn

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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 Manager, Kim Phillips or 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 one-hour appointment focuses on whatever aspect of comput-

er 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 people who have a basic working knowledge and would like to learn more about Microsoft Office software. 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. Flash drives will be used to save lesson plans and homework.

Other Classes

AARP Smart Driver Program

Thursday, June 5, 9:00 AM

Fee: \$15 AARP Members/\$20 Non-Members AARP

Instructor: Richard Baker
This is a refresher course developed for older drivers. The course 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**.

cut, stack and layer glass. You will receive a small packet of sparkly dichroic glass to give your plant stakes a little bling! Your glass will be brought back to WMGAC, fired in the kilns and attached to a stake so they will be ready for your garden when you receive them back.

This class requires a minimum of 8 participants and a maximum of 12, with registration deadline of Tuesday, June 17.



Tray and 6 Wine Charms

West Michigan Glass Class Friday, July 18, 10:00 AM

Fee: \$42/\$52 Non-Members

The project for this class will be a 5" x 10" hors d'oeuvre tray and 6 wine charms. All glass, tools and supplies will be provided. The project will be brought back to WMGAC and fired in their kilns. This class requires a minimum of 6 participants and with a registration deadline of Tuesday, July 15.



Fused Glass Flower or Bug Stakes Workshop

West Michigan Glass Class Friday, June 20, 10:00 AM

Fee: \$42/\$52 Non-Members

Create two 6" flower or bug glass stakes for your garden. You will learn to

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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, June 13

Time: 1:00 PM - 2:30 PM

Event: Bunco

Site: PSC

Hostess: Louise Schiavone

Friday, July 11

Time: 1:00 PM - 2:30 PM

Event: Sisterhood Birthday Party

Site: PSC

Hostess: Sisterhood

Walkers with Walkers

Tuesdays and Thursdays, 9:30 AM

This group uses assistive devices to help them with their 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.

Portage Park Discovery Programs—2014

Free to the public. Mondays from 7 PM to 8:30 PM
See program for location.

Explore nature in your own backyard with the help of Naturalist Dan Keto. These programs are a cooperative effort between the Kalamazoo Nature Center and the Portage Parks and Recreation Department. Generous support provided by Portage District Library.

Lunch and Learn: "Our Earth, Can You Dig It?"

June 12, 2014 at 11 AM to 12 PM

Meet at Celery Flats Amphitheatre

Join the Kalamazoo Nature Center as we dig deep into the world beneath our feet. Meet Earthworms and Roly-Poly Pill Bugs and their soil neighbors and discover how they survive. As we dig deeper into what makes soil and how it is different from dirt, we will see some of the treasures found buried deep.

Exploring Celery Flats with a Naturalist

June 16, 2014 at 7-8:30 PM

Meet at Celery Flats Interpretive Center

Join Naturalist Dan Keto to explore the rich natural world encountered along the trail and around the historic buildings of Celery Flats. You and your family will be amazed at all the living things that can be found close to home. Discover ways you can explore nature around your own backyard.

Reading Nature Around the Library

June 30, 2014 at 7-8:30 PM

Meet at Portage Public Library (program will be indoors and then move outdoors)

Learn how to read the landscape, what is the history it is telling us? What stories are being revealed, are they stories of survival or of invasion? Learn about the books and resources you can read to learn more about the world around you. Don't forget to bookmark this date.

Haverhill Has Homes and Habitat.

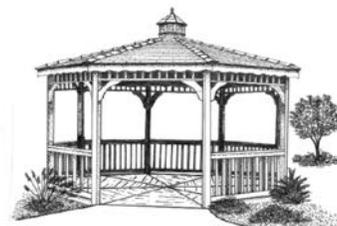
July 21, 2014 at 7-8:30 PM

Meet at Haverhill Park

This park alongside Haverhill school and on the bicycle trail of the Portage Park System is great example how Portage Parks bring nature to our neighborhoods. Observe local nearby nature around the park and adjacent bike trail. Come see what you can find with the help of Dan Keto, the Kalamazoo Nature Center naturalist.

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Wandering Wetlands at Westlake Nature Preserve

July 28, 2014 at 7-8:30 PM
Meet at Westlake Nature Preserve

At Westlake Nature Preserve beyond the pavilion is a path that leads through the forest towards a gem of a bog. Join Naturalist Dan Keto on a walk to the bog, with other nature discoveries along the way.



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Proven Health Benefits of Volunteering

According to the Corporation for National & Community Service

Over the past twenty years, we have seen an impressive and expanding body of research indicating that volunteering provides individual health benefits in addition to the obvious community benefits. Research has proven through comparison studies that older volunteers are the most likely to receive the greatest benefits from volunteering their time and skills, although the reasons behind these findings are not certain. People over the age of 60 who volunteer three or more hours per week report they are less frequently ill, have a real sense of structure in their daily lives, and have gained a new sense of purpose.

According to U. S. Census data, 77 million Americans (collectively known as the Baby Boomers) will reach the age typically associated with retirement in the upcoming decade. This will increase the pool of available volunteers by an impressive 50%! Data shows that the more hours per year a person volunteers, the more likely they are to reap personal health benefits and preserve independence for greater portions of their overall lifespan.

Heart for service, uplifting others, fulfilling a community need, working hands and giving heart; these are some of the expressions used to describe the foundation of volunteerism. All of these expressions indicate a work of the hands through a giving heart. Thus, it comes as no surprise that studies have also proven that those who volunteer after a heart attack reported reductions in despair and depression, two factors that have been linked to an increased likelihood of recurring catastrophic health incidences and mortality. It is interesting to note that individuals suffering from chronic pain experience declines in their pain intensity and decreased levels of disability when they volunteer.

Volunteer activities strengthen the social ties that protect individuals from isolation during difficult times, while the experience of helping others leads to a sense of greater self-worth and trust. While it is inarguable that better health leads to the ability to volunteer, it has now been proven that volunteering leads to better health, completing a cycle of self-improvement that positively impacts ourselves, and our communities.

A wide variety of volunteer opportunities are available at the Portage Senior Center. For other opportunities in the community, contact the Volunteer Center of Kalamazoo at (269) 382-8350 or visit their website at www.volunteerkalamazoo.org.

Diabetes Support Group

Quarterly (January, April, July, October)

Friday, July 11, 1:00 PM

Leader: Bob Erikson, Diabetes Education Coordinator

A diabetes educator will speak on diabetes medications at this meeting. Participants will be called prior to this meeting. Call 329-4555 to be added to the Diabetes Support Group call list.

Hearing Screenings

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

Tuesday, July 15

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: June 12

Session 2: July 10

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

Matter of Balance Class

Thursdays, September 18 - November 6 (8 weeks)

1:15 - 3:15 PM

Fee: Free, but donations are appreciated

Sponsor: Area Agency on Aging IIIA

Are you wondering what happened to your balance, 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 by Thursday, September 11.

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Member SIPC

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Quarterly Volunteer Orientation

Thursday, July 24, 10:00 AM

The optional PSC Quarterly Volunteer Orientation will be held on July 24. Topics for discussion will include a history of PSC, 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. Please contact Volunteer Coordinator, Denita Demler if you are interested.

Volunteer Van Driver

Drivers needed for transporting 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 with general hours of 8:30 AM – 1:30 PM.

Treats for the Coffee Bar

Do you have too many cookies at home? Do you like to bake? If so, our Coffee Bar can use your tasty donations. Many of our members love sweets. Bring some; enjoy some!

Garden Pal Volunteers

We are looking for two or three volunteers who would commit to keeping our gardens (front and back of PSC) beautiful throughout the summer months. This position would consist of weeding, watering and general upkeep. The group leader is Joyce Tuinier.

An Ode to our Volunteers!

No matter the day or the month or the year
Our volunteers are always here
A warm friendly smile, and reassuring voice,
is the best dressed volunteer's accessory of choice
You help brighten lives a little at a time,
offering a book, or a candy, lending an ear is all so kind.
You do things at home to help those in need,
About knitting and sewing you are right up to speed,
Unique and fun items the crafter can do
fancy table runners and scarves to name a few
Achievements in fundraising, you all should be proud; the
goals you have reached rise higher than clouds.
The needs keep us hopping, they have us in a crunch!
You seldom say no.....so we thank you a bunch!



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

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Skilled Nursing and Rehabilitation Services
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Community Care Center

Welcome New Members

Between February 17 and April 28

Richard & Kathleen Smith	Terry & Scooter Tessari
Jack & Mary Ligtenberg	Nancy Kulka
Rita Stevens	Joan Robinson
Jane Willson	Robert Anderson
Om Jolly	Mary Heaps
Judith McWatters	Marguerita Howarth
Fran Adams	Joan Stromer
Redessa Cohen	Myrna Shelley
Kimberly Grimmer	Helen Lasota
Rita Beck	David VanderRoest
Donald & Charlotte Kelley	Judy Holmquist
Maxine Tache	Betty Medsker
Nola Mortlock	June Davoust
Susan Kuras	Helena Dyer
Bill Hoffman	Kathie Penning
Margaret O'Connell	James Glidewell
Ida Pearce	Scott & Sharon Peterson
Fred Gay	
Julie Ross	
Nancy Broomell	
John Beatty	
Shirley Bingham	
Virginia Madill	
Susan Darling	

Thank you for your Annual Fund Contributions:

Phil & Dorothy Edie
Joyce Steeby

Memorial Donations:

The Pathfinder Church, in memory of Bette Anderton
Art Roberts, in memory of Audrey Blakeman
Robert Duncan, in memory of Lucien Axtell

Donation of Products

between February 17 and April 29, 2014:

Kitchen Supplies and Coffee:
Diane Schaeberle, Judy Buss
Daisy Dollars:
Art & Betty Roberts

Thank You

The Friends of the Portage Senior Center would like to thank all of you who responded to the Annual Fund Drive! Our tallies are not ready for publication at the time this article goes to press, but the response from our friends and members has been heartwarming, and we hope to have firm figures to report in our next edition.



new friends A Vibrant Memory Care & Assisted Living Community
managed with care by Vibrant Life Communities

A new approach to caring.

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When I was a young man, I wanted to change the world. I found it was difficult to change the world, so I tried to change my nation. When I found I couldn't change the nation, I began to focus on my town. I couldn't change the town and as an older man, I tried to change my family. Now, as an old man, I realize the only thing I can change is myself, and suddenly I realize that if long ago I had changed myself, I could have made an impact on my family. My family and I could have made an impact on our town. Their impact could have changed the nation and I could indeed have changed the world.

~ Author Unknown



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The Trip Office is open for business Tuesdays and Fridays, 9:30 AM to 2:30 PM.

Day-Trip Outings!

DETROIT TIGERS VS. BOSTON RED SOX

Sunday, June 8

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!

"THE LAST ROMANCE" . . . Purple Rose Theatre, Jackson & Chelsea, Michigan

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.

"THE LOOK OF LOVE," Tibbits Theatre . . . Marshall & Coldwater, Michigan

Thursday, July 3, 2014

En route to Coldwater, stop in historical Marshall. Tour the 1860 Honolulu House, blend of Italianate, Gothic Revival and Polynesian architecture, followed by a meal at Win Schuler's (included). Next enjoy *The Look of Love*, *The Songs of Bert Bacharach and Hal David*. Through the 70's and 80's, composer Bert Bacharach and lyricist Hal David left their mark on the music world and on our hearts. Rather than a traditional story line, *The Look of Love* uses the songs and staging to take audiences through a celebration of the music of an entire generation. Hear such favorites as, "Raindrops Keep Fallin' on

My Head," "Walk on By," "I Say a Little Prayer" and more. Join us for a great trip down memory lane!

CHICAGO ARCHITECTURAL TOUR . . . Chicago, Illinois

Wednesday, July 16

See beautiful Tiffany lamps, mosaics and glass as we tour Second Presbyterian Church, have lunch at Macy's Walnut Room and enjoy the elegance of the Driehaus Museum. We will complete our day with a cruise along the Chicago River for a unique look at Chicago's architecturally important buildings.

CHICAGO CUBS VS. COLORADO ROCKIES

Thursday, July 31

A CULINARY WALK . . . Saugatuck, Michigan

Wednesday, August 13

Embark on a culinary tasting adventure to learn the secrets behind the storefronts of Saugatuck. Our local guide specializes in culinary adventures and shares what makes the shops in Saugatuck a food lover's dream while enjoying tastes, sips, and a bit of history. Also includes guided tour of Felt Mansion, once the luxurious summer home of self-made millionaire and inventor, Dorr E. Felt. Listed on National Register of Historic Places and Michigan State Register of Historic Sites, it retains the architectural beauty of a bygone era and offers a glimpse into the wealth and lifestyle of the Roaring 20's. Includes box lunch served on Mansion veranda.

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“RING OF FIRE”, Cornwell’s Turkeyville . . . Marshall, Michigan

Thursday, August 21

From the iconic songbook of Johnny Cash comes this unique musical about love and faith, struggle and success, rowdiness and redemption, and home and family. More than two dozen classic hits performed by a multi-talented cast paint a musical portrait of The Man in Black . . . a foot-stompin,’ crowd-pleasing salute to a uniquely American legend! Lunch is included.

DETROIT TIGERS VS. NEW YORK YANKEES

Thursday, August 28

A LANSING ADVENTURE . . . Lansing, Michigan

Wednesday, September 3

A guided tour will take you back in time to the Victorian era of fine craftsmanship, elegance and grand opulence. See the glass floor made up of 976 pieces. View the rotunda and inner dome with elaborately hand-painted designs and visit the legislative chambers. Next, travel to the Michigan Princess Riverboat for a relaxing cruise, luncheon and musical entertainment along the Grand River. Transfer back to land for a docent-led tour of the MSU Gardens. Learn about their trial garden for annuals and see perennials, vegetables, roses and more. (Alternate indoor plans have been made in case of rain.) Time permitting, we’ll stop at the Dairy Store where you can purchase an ice cream treat or specialty cheese. Come along!

DETROIT TIGERS VS. MINNESOTA TWINS

Sunday, September 28

KENNY ROGERS . . . Auditorium Theater,

Shipshewana, Indiana

Saturday, October 25

Kenny Rogers has sold more than 120 million records worldwide and recorded more than 65 albums during his 52 years in show business. His long list of timeless classics includes an impressive 24 #1 hits – “The Gambler,” “Lady,” “Lucille,” “She Believes in Me,” “Islands in the Stream,” and “We’ve Got Tonight” among them. Enjoy a family style meal before the show at the Blue Gate Restaurant.

Extended Trips – 2014 Fun Get-Aways!

A MYSTERY TRIP (Ed & Ted’s Excellent Adventures)

July 22 - 24

This year’s tour includes some really unique attractions and a bit of history. There is also a little hands on experience this time around, as well as a factory tour that is the only one of its kind in the country. Grab a few clothes, your sense of adventure and your imagination and get ready for a great time.

JACK HANNA AT COLUMBUS ZOO (Ed & Ted’s) .

. . . Columbus, Ohio

September 18 - 20

Join us as we head to the Columbus Zoo and Aquarium to have lunch with the World Famous Jack Hanna! Jack will have several live animals with him while he speaks to the group during lunch and offers you the opportunity to meet him afterward. Everyone in the group will get a photograph with Jack Hanna to take home.

NEW YORK, NEW YORK!

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

Continued on page 18

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From page 17

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, shopping, and so much more!



Photo courtesy of WikimediaCommons – Jakub Halum

DISCOVERING POLAND

September 4 - 15

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.



Photo courtesy of the Real Racine Visitors Center

HISTORY & MYSTERY . . . Racine, Wisconsin

October 8 - 9

Most people refinish their basements into a recreation room or an extra bedroom, but this gentleman made his basement into a Vintage Theatre with 175 seats and one of the largest organs ever built by Wurlitzer (2,500 pipes). Other highlights include a visit to the oldest and tallest working lighthouse on Lake Michigan, a demonstration of Kringle making (Danish pastry), a visit to the S.C. Johnson Company (makers of Pledge, Ziploc Bags, Glade, etc.) and a wagon ride through an apple orchard. If that's not enough, how about 2 mystery stops! Includes overnight stay, breakfast, 2 lunches and 1 dinner.

TROPICAL COSTA RICA

November 3 - 11

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!

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**Chicago Architectural Tour ... Chicago, IL
July 16**

See beautiful Tiffany lamps, mosaics and glass as we tour Second Presbyterian Church, have lunch at Macy's Walnut Room and enjoy the elegance of the Driehaus Museum. We will complete our day with a cruise along the Chicago River for a unique look at Chicago's architecturally important buildings.

Look Ahead This is a Great Fall Trip!

**Love a Parade Detroit, MI
October 1**

See behind-the-scenes with the preparation of floats and costumes for the beloved and famous upcoming Detroit Thanksgiving Parade! After a most interesting tour, depart for an Oktoberfest luncheon at the Dakota Inn Rathskeler, having just celebrated 80 years of being the oldest German Restaurant in the Metro area. Next stop will be the Motown Historical Museum - "Hitsville, USA." Strand right where Diana Ross and the Supremes recorded "Stop! In the Name of Love" back in 1965. Motown Museum is like sunshine on a cloudy day!

Experience Something Poignant

**Holocaust Memorial Center ... Farmington Hills, MI
November 6**

Take a journey, beginning with the history of European Jewry, through the rise of Nazism and the murder of six million Jews and five million innocents, to the ultimate defeat of Hitler's forces. The exhibits and programs of the Holocaust Memorial Center have been receiving international accolades and heartfelt thanks from millions of visitors. Lunch included as well as afternoon visit to Marvelous Marvin's Mechanical Museum.



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If you are considering the possibility of adding a travel adventure to your personal itinerary but the thought of struggling through the maze of arrangements has you hesitating, consider traveling with the Portage Senior Center for:

Companionship

Friends with similar interests travel well together. This is a great opportunity to make new friends!

Education

Travelers learn history, geography, culture, and much more from trained Tour Directors, professional step-on guides, and each other while on tour.

Security

Travelers feel more secure in groups and are confident with a Tour Director who knows the destination.

Fun

Groups provide a fun atmosphere, and there is always someone to talk to and share the experience.

Convenience

All the trip details, transportation, meals, lodging and paid attractions are taken care of in advance by your trip escort.

Value

Cost is spread out over the entire group. Plus, there are additional savings including paid attractions, meals, taxes and gratuities that have been arranged to provide the best value possible. It is simply more economical to travel with a group.

Exciting Destinations

We offer a wide variety of destinations, different trip lengths, and styles of trips. Trips range from inexpensive local minibus affairs to one-day cultural events, sports, entertainment, special extended trips, both domestic and international.

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 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.

**Trip Office is open Tuesdays and Fridays
 9:30 AM to 2:30 PM**

**Something New to Do in Shipshewana
 November 8**

Come in now to sign up for the Shipshewana Christmas Parade! A new experience in Shipshewana starts at

the Blue Gate Theatre where we will see the musical, "Josiah for President." Next, enjoy a delicious family-style lunch at the Blue Gate Restaurant before transferring to the Menno-

Hof center to learn about the history and heritage of the Amish, Mennonites and Hutterites. The highlight of the trip comes after dark with a chance to view the Christmas Parade, featur-

ing lighted, horse-drawn vehicles and unique parade floats. A tree lighting ceremony tops off this great introduction to the holiday season.

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