

Aug/Sept 2014



# Portage Senior Center Newsletter

## Mexican Cooking Presentation

Thursday, August 28  
1:15 PM

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

Join Head Chef Roger from TenderCare Portage for a demonstration on Mexican cooking. This cooking demonstration is for anyone who loves to learn about, cook, and eat Mexican food. Registration deadline is Monday, August 25.

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## Dance Down Memory Lane with the PSC Band

Tuesday, September 23, 3:00 PM  
Registration Fee: \$1

The Portage Senior Center Band is hosting a “Dance Down Memory Lane” event on Tuesday, September 23 at 3:00 PM at the Portage Senior Center. Dust off your dancing shoes and be prepared to Dance Down Memory Lane with a wide

variety of great music from Big Band to Broadway! If you’d like to “Dance Your Way Down Memory Lane” then make sure the Portage Senior Center is on your dance card! No partners are necessary. Refreshments will be provided by

our sponsor, ComForcare Home Care. The event only costs \$1 and you can get your ticket at the Receptionist Desk. Space is limited. Registration deadline is Thursday, September 18.

## New York, New York

Here it is! The trip you keep asking for-*New York, New York!* This is your opportunity to experience New York with all the accoutrements available through group travel convenience. New York, touted as the *greatest city on earth*, is going to be a PSC travel destination in late September. If you have toyed with the idea of adding it to your personal travel itinerary, this is the time to secure your seat. Highlights of this trip include, but are in no way limited, to the following:

- Excellent accommodations at the Milford Hotel with hot breakfasts

- A pre-trip orientation by Manhattan Tour and Travel experts
- Three Broadway shows and a concert by the New York Philharmonic Orchestra
- A Russian Tea Room Brunch
- Visit to Ground Zero
- A tour of the opulent New Amsterdam Theatre on famous “West 42nd Street”

For your traveling comfort, the PSC has secured direct air travel from Detroit to New York and deluxe motor coach transportation from Portage to Detroit Metropolitan Airport. All gratuities as well as hotel taxes and porter fees are includ-



Photo courtesy of NYC & Company—Marley White

ed in Michigan and New York. Drop in any Tuesday or Friday between 9:30 and 2:30 to talk with a PSC travel expert about this amazing travel opportunity.

## Message from the Manager

*“Volunteers are the only human beings on the face of the earth who reflect this nation’s compassion, unselfish caring, patience, and just plain love for one another.”*

Erma Bombeck

Since I began my tenure at the Portage Senior Center, I have been most impressed with the number of dedicated volunteers who keep our programs going. Throughout the year, over 200 volunteers generously give well over 2,000 hours each month toward the support and betterment of the Portage Senior Center. Whether it’s driving someone to the grocery store, leading a game of cards, or any number of other activities, our volunteers reach out to members and the community. By volunteering, these exceptional people provide members with companionship, guidance, and often the healing power of a whole lot of laughter. These volunteers are the foundation and framework for some of the most innovative programming offered at the Portage Senior Center, and we wouldn’t be successful without them!



Although it is impossible to show how much we (as the staff) appreciate all that our PSC volunteers do on an annual basis, we tried! On Tuesday, June 10, over 100 volunteers enjoyed a breakfast buffet at Michelle’s Restaurant in Portage. There were flowers at every table and the ongoing serenade of Tom McCoy who provided entertainment – a good time was had by everyone! This exceptional meal was donated by Mike Leeuw and his team from EMA Enterprises. If you’re ever at Michelle’s, be sure to thank their staff for providing such a wonderful tribute to our volunteers.

Kim Phillips  
PSC Manager

## Extra Food Can Help Stretch Your Budget

A *Commodities Certification* will be held on Wednesday, August 13 from 9:30 – 11:30 AM at the Portage Community Center. To be eligible to receive approximately \$50 worth of food items providing approximately 12 to 15 meals, you must be certified. To be eligible for certification, you need to be 60 years of age or older and have income within eligibility guidelines.

You must bring a valid, Michigan State ID with your current Kalamazoo County address and proof of household income (award letter from Social Security, a month’s worth of paycheck stubs, retirement or current bank statement.)

For more information, call 269-323-1942.

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.



## Laugh Lines and Other Wrinkles

*Thursday, September 4, 1:00 PM*

Joyce Snow and Chris Oosterbaan, good friends who grew up in Kalamazoo, have written "Laugh Lines and Other Wrinkles." Enjoy a light-hearted look at life and aging as they read their humorous poems and share the process of self-publishing. Register at 329-4555 by Tuesday, September 2.

## Business Bingo

*Thursday, August 21, 1:30 PM*

*Free to members (\$5 Non-Members)*

New Friends Memory Care and Assisted Living will be hosting this event, which will consist of 15 Bingo games sponsored by 15 businesses. Each game will have a gift value of at least \$20. Deadline for registration is noon on Tuesday, August 19.

## New Member Orientation (NMO)

*Tuesday, September 9, 10:30 AM*

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.

## Final Potluck for Summer!

*2nd Tuesday: 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 fee of \$1 to the Receptionist by Friday, August 8.

## Book Club

*2nd Monday, 10:00 AM*

The Book Club will not meet in August but will resume meeting after Labor Day.

September: *Mrs. Kennedy and Me* by Clint Hill

October: *Me Before You* by Jo Jo

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 or a requirement to have a great voice. The choir performs at retirement communities, PSC activities, and other community events. The choir is not meeting in August but will resume meeting after Labor Day. The group leader is Marilyn McKinley.



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



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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.

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## Big Screen Movie

**Monday, August 11, 1:15 PM**

### "Father of the Bride"

Giggles and guffaws greet this heartwarming and hilarious production. Steve Martin stars as George Banks, a befuddled father who has a hard time letting go of his young daughter when she unexpectedly announces her plans to wed. Diane Keaton shines as George's patient, levelheaded wife, while funnyman Martin Short lights up the screen as the off-the-wall wedding consultant. Rated PG. Closed-captioned. 105 minutes. View the movie for free; 50 cents for popcorn.

## Big Screen Movie

**Monday, September 8, 1:15 PM**

### "Celtic Woman: A New Journey"

Live from Slane Castle in Ireland comes this riveting song-and-dance production by the famed female musicians and their backup band. This is the second on-stage production by the group Celtic Woman. Favorites include "Scarborough Fair" and "The Last Rose of Summer." Vocalists Chloe Agnew, Lisa Kelly, Meav Ni Mhaolchatha and Hayley Westenra are joined by violinist Mairead Nesbitt and vocalist/harpist Orla Fallon. Not rated or closed-captioned. 80 minutes. View the movie for free; 50 cents for popcorn.

## 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.

## 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. The group leader is Joyce Tuinier.

## iPad Discussion Group

**Thursday, September 18, 10:00 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.

## Dining Out Club

See Schedule Below

An advance reservation by noon on the previous business day is required for this activity. All meals are self-pay. Hosts: Hal and Shirley Ray.

### August

#### Dinner

Monday, August 4

5:00 PM

Fieldstone Grill

2970 West Centre Ave

#### Breakfast

Tuesday, August 12

8:30 AM

East Egg

6907 Sears Drive

#### Lunch

Thursday, August 21

11:30 AM

Shakespeare's Pub

241 E. Kalamazoo Ave

### September

#### Dinner

Monday, September 1

5:00 PM

The Crew

3810 E. Cork

(formerly Perkins site)

#### Breakfast

Tuesday, September 9

8:30 AM

LaRue's

6375 Stadium Drive

#### Lunch

Thursday, September 18

11:30 AM

Red Lobster

6535 S. Westnedge Ave.

## 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 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.

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### PSC Social Golf League

Thursdays, May 1 – September 25

9 AM @ 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. At the end of the season we will celebrate with a luncheon at the course. Come and join us!

### Readers Theatre

Wednesdays, 2:00 PM (2nd & 4th) Resuming after Labor Day

We have come to the end of our 2013-2014 Readers Theatre season and will resume in September, with meetings/rehearsals scheduled for 2:00-3:30 pm, the 2nd and 4th Wednesday of each month at the Senior Center, September through May. Programs are planned off-site for the other Wednesdays of the month. This season we presented 13 programs: 4 at Pre-schools, and 9 programs covering seven Portage elementary schools for one or two grade levels each. Our membership is between 8 and 10 members, at present, and our total audience was 1,265.

With each program we present two or three age-appropriate stories, using our voices to represent the characters we portray, and we share at least one poem. The student-audiences are encouraged to participate whenever possible by joining in a refrain or a finger play. Babs Smith is the group leader.

### Recycled Cards

Tuesdays, 10:30 AM

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

### PSC Kazoos of the Red Hat Society

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

### 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, August 8	Friday, September 12
Time: 1:00 PM – 2:00 PM	Time: 2:00 PM – 2:00 PM
Event: Trivial Pursuit	Event: Fun & Games
Site: PSC	Site: PSC
Hostess: Carol Fleck	Hostess: Sonia Howard



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### Scams and Fraud

Fraud is a very lucrative business. Billions of dollars are stolen each year from individuals through fake lotteries, sweepstakes, scams and bogus investments. The best defenses against these schemes are education and awareness. The eight points below were publicized by the National Fraud Information Center, National Center on Elder Abuse and the U.S. Attorney General:

1. Check with a charity watchdog organization such as the American Institute of Philanthropy (www.charitywatch.org or 773-529-2300) before agreeing to donate to charities who solicit via telephone.
2. Never give out personal identification or financial information over the telephone. Legitimate businesses and banks rarely request it, and when they do request such information they request only parts of it, such as the last four digits.
3. Investment seminars are held to procure new clients. Attend these events as desired, knowing you can take your time deciding on whether or not to participate in investment opportunities presented.
4. Never wire money to an out of state relative in an emergency without contacting family members to determine the authenticity of the call for help.
5. Be aware that adding someone to your bank accounts will give them full access of those accounts.
6. Generally, a durable power of attorney gives someone the authority to act on your behalf in any financial transaction, but does not restrict your authority to act on your own. A power of attorney agreement is not valid after your death.
7. Sweepstakes and prize promotions that are offered if you agree to pay shipping or "verify" your identity by giving out personal information such as social security numbers are not worth investigating. A genuine prize company will never require you to send money or disclose personal banking information.
8. Beware of home repair fraud in the guise of door-to-door salesmen. Work with legitimate contractors, who rarely go door-to-door to solicit work.

### Walkers with Walkers

*Tuesdays and Thursdays, 9:30 AM*

This group uses 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.

### Save the Date, Saturday, November 8!

**Annual Holiday Bake Sale & Bazaar**

Mark your calendars now for the seasonal crafts and delicious homemade baked goods for sale at this annual PSC holiday event! What better way to kick off the official holiday season than to taste the delectable treats you've chosen for your own sweet tooth, or someone else's. The calls from interested parties begin coming in around October, so we are putting out this notice for all of you Elves who just can't wait for the party to start!

More information on table rentals and activities will be available after Labor Day. All proceeds from the event will support the Portage Senior Center's programs and services.



Our straw hats are off to the Garden Pals and their affiliates, who have labored long and hard to make the PSC Garden a spectacular haven of beauty.

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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 Non-Aerobic	M-W-F 8 wks	10:30 – 11:30 AM	6/9 – 8/11 8/13 – 10/8	\$42/\$52	Helene Thompson
Enhance Fitness	M-W-F 8 wks	8:10 – 9:10 AM	7/21 – 9/15 no class 9/1	\$42/\$52	Deb Snell
Strength & Stretch	M-W 7 wks	9:20 – 10:20 AM	7/2 – 8/25 8/20 – 10/8 no class 9/1	\$42/\$52	Joy Morris
T'ai Ji	T 7 wks	8:30 – 9:30 AM	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 – 8/5 No class 6/17 8/12 – 9/30	\$72/\$82	Christine Peckels at St. Catherine's- Stanley Center
Zumba Gold	M 8 wks	5:00 – 6:00 PM	7/14 – 9/8 no class 7/7, 9/1 9/15 – 11/3	\$26/\$36	Gretchen Pouliot
SilverSneakers Splash	T-Th 7 wks	11:00 AM – 12:00 PM	7/22 – 8/21	\$60 PSC Members	Pay at Portage YMCA
Computer Classes					
Laptop Intro. to Office	W 7 wks	10:00 AM – 12:00 PM	7/09 – 8/20 9/03 – 10/15	\$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	9/3 – 10/15 10/29 – 12/10	\$32/\$42	Wilma Kahn

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William R. Wieringa, P.C.

**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 computer usage you'd like to cover. PSC members only. Register and pay at the PSC reception desk.

**Laptop Introduction to Office**

This class is designed for 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, August 7 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. Must have payment at time of registration (cash or checks payable to AARP Driver Safety Program). For information or to register, see the Receptionist. Deadline to register is Friday, August 1.

**Bridge Lessons for Beginners**

**Wednesday, September 3 - October 8**

**1:00 PM - 3:00 PM**

Fee: \$18/\$28 Non-Members Learn the ABC's of one of the most popular card games in the world. Classes will be conducted at a relaxed pace to assure complete understanding of the basic principles of bridge. Instructor is Pat Brown. Register by Friday, August 29.

**Intermediate to Advanced Bridge Class**

**Friday, September 5 - October 24**

**8:30 AM - 10:30 AM**

Fee: \$24/\$34 Non-Members Learn the intermediate and advanced bridge playing from veteran bridge player and member Mike Gay. This class is a great

opportunity to improve your skills, learn to enjoy the game and re-familiarize yourself with the playing rules. Register by Wednesday, September 4.

**Novelty Soap Craft Class**  
**Wednesday, August 13 & August 20, 1:00 - 3:00 PM**

Instructor: Richard Westerman

Fee: \$12 Members

\$14 Non-Members

In the first class, you will learn basic techniques of novelty soap making. You will be shown examples of simple soap bar designs you can make at home for "show and tell" during the second session of this class.

Participants will learn how to add colorant and fragrance as they prepare a glycerin soap base for

*Continued on page 9*

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From page 8

molding soap inserts. They will also learn how to construct multilayered bars and make non-soap inserts. Kits will be provided containing two pounds of soap, colorant and fragrance chips and a set of 2-4 ounce molds. This class requires a maximum of 4 participants. Registration deadline of Friday, August 8.

**Partnership with Osher Lifelong Learning Institute (OLLI) at WMU**

**Native Flowers**  
**Wednesday, September 3 & 10, 9:00 AM - 11:00 AM**  
 Instructors: Christiene Bartley & Ruth Caputo  
 Registration: 387-4200  
 Fee: \$20 OLLI WMU Members/ \$40 Non-Members OLLI WMU  
 In this course, we will connect with our neighbors

who push back invasive plants. Try less lawn, preventing pachysandra, moving out myrtle. We offer two sessions to first discuss your questions then visit local gardens which demonstrate the beauty of biodiversity.

of water trails in SW Michigan, as a "portage" between what we call the St. Joe and Kalamazoo rivers. We will learn about the many uses of Portage Creek, over the years, since white settlement in our area. From small, agricultural and commercial irrigation and water-power generation, to large-scale industrial wastewater systems, to current efforts to restore a natural beauty and storm water and other ecological services system, we see the impact of our civilization on Portage Creek and the Kalamazoo River.

**Partnership with Osher Lifelong Learning Institute (OLLI) at WMU**

**A Creek Runs Through It**  
**Wednesday, October 19, November 5, 12 & 19, 9:00 AM - 11:00 AM**  
 Instructor: Gary Wager  
 Registration: 387-4200  
 Fee: \$40 OLLI WMU Members  
 \$80 Non-Members OLLI WMU  
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**NEW!**  
**"Your Health"**

**Program Kicks Off Affordable Care Act Presentation, October 3, 1:00 PM (1:00 PM, First Friday Every other Month = Oct, Dec 2014, Feb, Apr, June, Aug, Oct, Dec 2015)**

Beginning October 3, PSC is making changes to the health education program at the center. We will no longer hold health education sessions tailored for the Diabetic Support Group, but will incorporate these sessions into a program that will potentially address health issues for all of our members. The new program is called "Your Health" and will feature speakers who will present information about a very wide spectrum of health issues. Sessions will be presented on the first Friday of every other month at 1:00 PM at the center. The first session will feature a speaker from the Kalamazoo Senior Services group, with the topic of "Changes to Medicare Insurance and the Affordable Health Care Act (Obamacare), with an emphasis on how they may affect you in 2015. This is an important and timely topic for all seniors.

Mark your calendar now for October 3 at 1:00 PM and plan to bring a friend with you. We anticipate a high level of response and ask that you register with the receptionist. Watch the bulletin board and future additions of this newsletter for additional announcements about the Your Health program. If you have topics you would like to have presented, let the Receptionist know.

**Flu Clinic by Bronson Hospital**

**Friday, October 24, 2:00 - 4:00 PM**

This year, our flu clinic will be provided by Bronson Hospital. Protecting yourself from the flu is easy. You can fight off the flu with a fast and safe vaccination administered by licensed nurses from Bronson Hospital for ages 9 and above. Flu shots are covered by Medicare Part B or \$35 low-dose, \$40 high-dose. Pneumonia shots will not be available. No registration required.



**Stay Independent – Prevent Memory Loss**

**2nd Thursday of every month**

**1:00 - 2:30 PM**

Session 1: August 14

Session 2: September 11

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.

**Hearing Screenings**

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

**Tuesday, October 21**

**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).

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## AARP Seeks Income Tax Volunteers for fall 2014 and 2015

AARP TaxAide program volunteers assist seniors and lower income taxpayers with the preparation and filing of their tax returns each year at no charge. We need new volunteers in the Kalamazoo area for our upcoming fall training sessions in order to sustain this valuable service for our community. We provide all the necessary materials, computers, training and support for you to be successful. There are two types of positions; Client Facilitators, who obtain basic client information and confirm tax documents, and Counselors, who work with the taxpayer to prepare Federal and State returns for electronic filing. If you have an interest and enjoy helping people, and are either good with numbers, prepare your own taxes or have experience in accounting, please call Tony Nelson at 375-7363.

## Volunteer Help Wanted

### Volunteer Greeters

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

### Volunteer Van Driver

Drivers are needed 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.

### 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, Power Point, Excel, and internet. Must commit to six months approximately 1-2 hours per week.

**Partners Program** - Program begins in October  
Must be able to commit to the following;

- Attend monthly meeting.
- Attend field trip in April & Celebration in May.
- Listen and hear your partner, there is a lot of noise in a small classroom.
- Walk from the parking lot to the classroom, field trip walking (depending on the trip).

Meeting date will be known after school begins. It has been the 2nd Tuesday of the month. All placement of volunteers depends on the number of those continuing in the program as well as the number of children that are in the classroom.

**Pen Pals Program** - Program begins in October  
 You will receive a schedule of when letters are due and when you may pick up letters from your pen pal. All letters will be delivered by the Volunteer Coordinator.

Must be able to commit to the following:

- Have your letter written and at the PSC by the date listed for the month.
- Stop in on or shortly after the date given to pick up letter from your pen pal.
- **Attend the "Meet Your Pen Pal Party" in May.**
- Please print or type your letter on a computer.

All placements of volunteers depends on the number of those continuing in the program as well as the number of children that are in the classroom.

## Quarterly Volunteer Orientation

**Thursday, October 23, 10:00 AM**

Do you want to be a volunteer at PSC? What does this consist of? The discussion will include a history of PSC, current and future volunteer programming, the benefits of volunteering, MySeniorCenter™ (MSC), and logging volunteer hours. The orientation is intended to benefit 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. Register at the reception desk.

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## The Friends of the Portage Senior Center's Annual Fund Drive

The Friends of the PSC are happy to report a grand total of \$9,165 in donations for the fiscal year. Your generosity and commitment to the mission of the PSC is evident, and we extend heartfelt thanks to the following donors:

- |                                |                                 |
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## Welcome New Members

Between April 29 and June 24

- |                        |                      |
|------------------------|----------------------|
| Georgia Colyer         | Harry & Sharon Baker |
| Mahendra & Saraj Amin  | Mary Pachmayer       |
| Ken Uhler              | Joan Retberg         |
| Mary Wyckoff           | Larry Shafer         |
| Donald Gray            | Karen Warner         |
| Jeff & Merrikay Burkey | Sue Cutler           |
| Susan Lavender         | Betty Black          |
| Bette Stark            | Karen Heckelman      |
| Mavis Gagnier          | Catherine Walter     |
| Jeffrey Lobel          | Nancy Allen          |
| Eugene Dolby           | Harriet Alfieri      |
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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

## Fun 2014 Day-Trip Outings!

### A CULINARY WALK . . . Saugatuck

**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 we enjoy tastes, sips, and a bit of history. This trip also includes a guided tour of Felt Mansion, once the luxurious summer home of self-made millionaire and inventor Dorr E. Felt. Listed on the National Register of Historic Places and the 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. The trip includes box lunch served on Mansion veranda. \$108 members, \$118 Non-Members.

### "RING OF FIRE" Cornwell's Turkeyville . . . Marshall

**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-pleasin' salute to a uniquely American legend! Lunch included. \$73 Members, \$83 non-member.

### SHOJI TABUCHI . . . Auditorium Theatre,

Shipshewana, Indiana

**Friday, August 22**

Enjoy a bit of Branson just south of home with renowned country music fiddler, Shoji Tabuchi. After a short and leisurely commute to Shipshewana, enjoy a delicious home-style meal at the Blue Gate Restaurant, followed by a most entertaining evening. Shoji, along with his wife and daughter, will play, sing and dance in an elaborate show that rivals the pure excitement of Las Vegas or New York. \$94 Members, \$104 Non-Members.

### A LANSING ADVENTURE . . . Lansing

**Wednesday, September 3**

Have you seen our beautiful State Capital? Now's the time! 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 along the Grand River, with lunch and musical entertainment. Transfer back to land for a docent-led tour of the MSU Gardens where you will learn about the trial garden for annuals and see perennials, vegetables, roses and more. (Alternate indoor plans in case of rain). Time permitting we'll stop at the Dairy Store where you can purchase a delicious ice cream treat or special cheeses. Come along! \$80 Members, \$90 Non-Members.

### DETROIT TIGERS VS. MINNESOTA TWINS

**Sunday, September 28**

\$100 Members, \$110 Non-Members

### LOVE A PARADE! . . . Detroit

**Wednesday, 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 Rathskeller, 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." Stand on the spot where Diana Ross and the

*Continued on page 17*

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Your Pharmacists

From page 16

Supremes recorded "Stop! In the Name of Love" back in 1965. The Motown Museum is like sunshine on a cloudy day! \$88 Members, \$98 Non-Members.

**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 Number One 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 at the Blue Gate Restaurant before the show. \$143 Members, \$153 Non-Members.

**HOLOCAUST MEMORIAL CENTER** . . . Farmington Hills **Thursday, November 6**

Take a journey that begins 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 continue to receive international accolades and heartfelt thanks from millions of visitors. Lunch is included, as well as an afternoon visit to Marvelous Marvin's Mechanical Museum. \$78 Members, \$88 Non-Members.

**SHIPSHEWANA CHRISTMAS PARADE** . . .

Shipshewana, Indiana

**Saturday, November 8**

New experiences in Shipshewana!

Start the day in the Blue Gate Theatre where you'll enjoy the musical "Josiah for President." Josiah is an Amish farmer who is unaware that he has become a write-in candidate for president! Next, enjoy a delicious family-style lunch at the Blue Gate Restaurant. Then, transfer to the Menno-Hof center to learn about the history and heritage of the Amish, Mennonites and Hutterites. The highlight of the day comes after dark with a chance to view the Christmas Parade, featuring lighted horse-drawn vehicles and unique parade floats. End the day with a spectacular tree-lighting ceremony. \$98 Members, \$108 Non-Members.

**"CAMELOT"** ...Drury Lane Theatre, Oakbrook Terrace, Illinois

**Thursday, November 20**

Adapted from T. H. White's novel, *The Once and Future King*, *Camelot* is a valiant Broadway musical that will transport audiences to the magical and mythical days of medieval England. The legendary characters King Arthur, Queen Guinevere, Sir Lancelot and Merlyn come alive in this exciting tale of love and chivalry. The classic production features a lush, romantic score including "If Ever I Would Leave You," "Camelot," "How to Handle a Woman," and "Follow Me." Includes lunch. \$108 Members, \$118 Non-Members.

**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. It includes lunch. \$110 Members, \$120 Non-Members.

**CHRISTMAS WITH THE OAK RIDGE BOYS** . . . Shipshewana, Indiana

**Saturday, December 6**

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

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

**Saturday, December 13**

This biblically-based story is of Jesus' life from birth through crucifixion to resurrection. This powerful presentation includes the use of live animals, magnificent costuming and GRAMMY and Dove award-winning music, and is an extraordinary presentation comparable in quality to the shows seen in the *Sight and Sound Theatres* of Branson, Missouri and Lancaster County, Pennsylvania. *Bethlehem's Tower* has also been broadcast by Chicago television. Lunch with ambience is included. This beautiful and moving presentation is not to be missed! \$103 Members, \$113 Non-Members.

**Extended Trips – 2014 Fun Get-Aways!**

**JACK HANNA AT COLUMBUS ZOO . . .** 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 live animals with him while he speaks to the group during lunch. And the group will also have a personal meet and greet with him afterwards. Everyone in the group will get an individual photograph with Jack Hanna to take home. Sponsored by Ed & Ted's. Price starts at \$499.

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**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 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 will allow you to visit those famous sites of NYC such as world-renowned museums, art galleries, and shopping! Please call for pricing.

**HISTORY & MYSTERY . . .** Racine, Wisconsin

**October 8 - 9**

Most people turn their unfinished 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). Experience the auditory delights of organ music at its richest. 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. Prices start at \$285.

**TROPICAL COSTA RICA**

**November 3 - 11**

Lush forests and stunning waterfalls . . . exotic wildlife and endless coastlines . . . Costa Rica is truly a lush 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, a Coffee Plantation, Guanacaste, the Hanging Bridges, Arenal Volcano (land of spas and hot springs), Lake Arenal Cruise, a Cooking Demonstration, the Cano Negro Refuge, Zarcerro, the National Theatre and much more! Sponsored by Collette. Prices start at \$2,679.

**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 Andy Williams Christmas Show* starring The Lennon Sisters and the Osmond Brothers are the highlight of this excursion! Also included will be *Jonah* at the Sight and Sound Theatre, Doug Gabriel, The New Family Sensation "SIX," and The Brett Family Singers. This is the trip for all of you who enjoy the number one hits of the 50's and 60's. Sponsored by Ed & Ted's. Prices start at \$929.

*Portage Senior Center Travel Previews consistently fill fast – call now and secure your space for the Fall Trip Preview scheduled for October 20!*

## Travel Policy Information

### Reservations:

Reservations for one day trips must be paid in full at the time of sign-up. Payment may be made in person at the PSC, or mailed to the Travel Office using the form in the Travel Guide. All travelers must complete an emergency contact information form and a release liability form. If you have not already filled out these forms, please request them from the reception desk or Travel Office.

### Cancellations and Refunds:

Notify the travel office immediately if you must cancel a reservation for a day trip. If you sold your reservation to someone else, please provide their name to the Travel Office. Refund checks (minus \$8 handling fee per person) may be issued when the trip does not include prepaid expenses and you cancel more than 30 days prior to departure. Otherwise, a refund will be issued only if the Travel Office can find a replacement from a wait list.

Refund policies and penalties vary for extended trip cancellations. Cancellations must be in writing and dated. Ask for information at the Travel Office regarding cancellation policy details for the trip you are taking.

The PSC reserves the right to cancel a trip if too few people sign up. Refund checks will be mailed to you, but please be aware that the refund process can take up to four weeks. No handling fees are charged for trips the PSC must cancel.

### Cell Phones:

Please refrain from using your cell phone while traveling. This will enable you and your traveling companions to receive full enjoyment from the trip.

## Choose a PSC Escorted Group Tour Because:

- o Like-minded people choose similar travel experiences. Friends with similar interests travel well together.
- o Learn intriguing facts about history, geography, culture and more!
- o Take advantage of the added security of traveling in groups with an experienced tour director.
- o Enjoy the additional accoutrements afforded to group travel.
- o Experience all the fun of travel without the labor of planning, researching, route selecting, securing reservations, etc.
- o Additional savings in the form of bonus attractions, meals, taxes and gratuities are secured to assure a good travel value.
- o Research committee members are actively looking for new travel experience opportunities.
- o Walking levels are posted for each trip so you “know before you go” what level of mobility will be required for the excursion.



## 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.

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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.**

## Mini Senior Expo at the Portage Senior Center

The Portage Senior Center (PSC) will host a two-hour Bits of Business Mini Senior Expo on Thursday, September 11, from 9 to 11 AM. Representatives from local businesses and organizations with products or services of interest to mature adults will be on hand with displays, literature and information. Vendor offerings are expected to range from footwear to chair massage and

include hearing services, senior housing options, ambulance & emergency services, health & human services and much more. This event is free and open to the public. Refreshments will be served and door prizes available to win! The Portage Senior Center is located at 320 Library Lane. For more information, please call 329-4555.

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