

Portage Senior Center Newsletter

Aug/Sept 2015



PSC 9 Hole Golf Scramble

Thursday, September 10
8:30 AM registration,
9:00 AM shotgun start
States Golf Course,
Vicksburg
\$35 per golfer, \$140 per foursome (includes lunch and 9 holes with cart)

The PSC proudly presents the first PSC 9-hole Golf Scramble!

Registration forms can be picked up either at the PSC or at States Golf Course during Thursday's social golf league. Team registration forms are due no later than noon on Thursday, September 3. Registration fee includes golf, cart, prizes and a luncheon.

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"Oktoberfest" with the PSC Band

Tuesday, October 13, 3:00 PM
\$1 Registration fee

The PSC Band is hosting an "Oktoberfest" performance on Tuesday, October 13 at 3:00 PM. Dust off your dancing shoes and be prepared to dance with a variety of great polkas and other traditional music styles! No partners necessary. Refreshments will be provided by our sponsor, ComForCare Home Care. This will be a wonderful afternoon of refreshments, music, dancing, and just plain old fun! Deadline for registration is Friday, October 9, at 12:00 PM. Space is limited, so be sure to stop in now to secure your spot!

PSC Cornhole Tournament

Saturday, August 8
8:30 AM registration
9:00 AM start
Portage Senior Center
\$10 per 2-person team (includes lunch)

The PSC proudly presents a Cornhole Tournament! This event is open to PSC members and their families (tournament participants must be at least 10 years old). Registration forms can be picked up at the PSC. Team registration forms and payment are due prior to 5:00 PM on Monday, August 3. There is a 32 team (64 individuals) limit, so pre-register and pay early to ensure your team gets a spot in the tournament. Prizes for 1st, 2nd, and 3rd place winners will be awarded.



4th Annual Art Encounters at the Portage District Library

Saturday, August 15, 1:00-3:30 PM

Create your own sundae at the PSC ice cream social from 1:00-2:00 PM, compliments of West Lake Drug! Enjoy the PSC Band, Eric Cowles and Friends bluegrass music, Civic Theater actors, and the Suzuki Strings and instrument petting zoo from Marshall Music. There will be interactive arts and crafts for all ages. This event is cosponsored by the Portage District Library and the PSC.

“Survey Says!” We Want Evening Meals!

The results are in, and our members have suggested offering special evening meals! The PSC will begin providing an evening meal on the third Tuesday of each month, beginning in August. Meal service will run from 5:00 – 6:30 PM. Please note an evening meal will not be served in December. PSC members are encouraged to participate in these “open to the public” events. Participants can request their meals “to go” when making their reservation(s).

Reservations are requested no later than one day prior to the day the meal

takes place. These special dinners are available for a suggested donation of only \$10.00. Main entrees are listed below, and all meals will include sides, dessert & beverage.

Call the PSC Reception Desk to place your reservation.

- August 18 – Hot Chicken Salad
- September 15 – Pot Roast
- October 20 – Chicken Casserole
- November 17 – Roast Pork
- December – no meal

Bits of Business, Mini Senior Expo

Thursday, September 17
9:00 – 11:00 AM

Free: Open to the Public

Head to the PSC for a two-hour Bits of Business Mini Senior Expo! 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, 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 provided by LifeEMS Ambulance. Door prizes will be awarded. For more information call the PSC Reception Desk.

Wilma Kahn’s Reminiscence Writing Class

Meets Wednesdays at 10:30 AM

The following is a piece composed, written and submitted by Reminiscence Writing student, Anton J. Tomas: “Remember Neil Diamond? He was a popular artist and entertainer who sang his own stuff in the 80s and 90s. He’s still performing today. When American Idol was the most popular entertainment on TV a few years back, Neil Diamond was a guest vocal coach working with the young singers who were the show’s contestants. One of them asked Neil, ‘How do you become a success in this business?’ Neil replied, ‘Follow your heart and don’t listen to Simon.’ Follow your heart and don’t

listen to Simon. I like that. That’s what you need to tell anyone who wants to be a performer, not what Simon often said, that you can’t, you’re not talented enough or you don’t have the right personality, etc. Simon was a jerk. Writing is also performing. Every time someone reads what we write, we are on stage with an audience listening to our words much as they would a singer, reacting to what we say and how we say it. So put yourself into these words. Own them and make them yours. Good writing reflects honesty in its performance. Follow your heart and don’t listen to Simon.”

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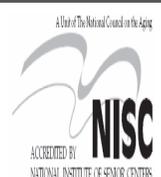
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Have you checked us out on Facebook? Daily updates make the PSC Facebook page a regular stopping place for your neighbors, kids and grandkids! What are we telling them about the PSC and our members? Check it out and let us know what you think!

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

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



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

Portage Senior Center

The PSC is supported by the City of Portage, contributions, memberships and grants. Some funding is also received from the State of Michigan. The PSC offers services and activities to persons over 50 years of age. Annual membership fees are \$25 for Portage residents and \$35 for all others. No one will be denied membership due to an inability to pay. The PSC Newsletter is mailed bi-monthly to members.

Senior Citizens Day Celebration

Friday, August 21, 3:00 – 5:00 PM

Free: Open to the Public

The PSC is hosting a Senior Citizens Day Celebration! This event will include refreshments, entertainment, and an opportunity to be recognized for accomplishments. Come and enjoy this special day with us! Open to the public. Sponsored by New Friends Memory Care Assisted Living.

Seasonal Fall Flavors Cooking Demonstration

Monday, October 5, 1:15 PM

Fee: \$2 Members/\$5 Non-Members

Sponsor: MediLodge Portage

Join Chef Roger from MediLodge of Portage (formerly TenderCare) for an afternoon cooking demonstration on Seasonal Fall Flavors, including recipe sharing and taste testing. Registration deadline is noon on Friday, October 2.

Grocery Bingo

Monday, August 24, 1:15 PM

Free to members (\$5 non-members)

Absolute HomeCare will be hosting this event, which consists of a variety of games, grocery prizes, and witty commentary. Registration deadline is Friday, August 21.

Annual Holiday Bake Sale & Bazaar

Save the Date: Saturday, November 7

9:00 AM – 2:00 PM

Mark your calendars for the seasonal crafts and delicious homemade baked goods for sale at this annual PSC holiday event! Kick off the official holiday season with delectable treats you've chosen for your own sweet tooth or someone else's. Interested parties begin inquiring in the fall, so we are putting out this "save the date" notice for all Elves who 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 support PSC programs and services.

Native American Art, Artifacts, Tales & Myths

Monday, September 21, 1:15 PM

Join us for "laughing tales" which will stretch your imagination regarding the Native American culture. The Little River Band of Ottawa Indians, Manistee, Michigan as well as Canadian Blackfoot women, will display their personal artifacts and bead works. Native dresses, and an assortment of tools will also be on display. Presenter will be dressed in authentic Native American wear and available for questions. Register at the Reception Desk.

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Portage, MI 49024
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Friendship Café

Portage Senior Center

Monday, Tuesday, Thursday, Friday
11:45 AM

Do you want to make new friends? Would you like to have company when you dine? Why not join us for lunch at the PSC's Friendship Café? Senior Services, Inc. serves lunch on Monday, Tuesday, Thursday and Friday, for a suggested donation of \$3. All you need to do is sign up by noon the day before by calling 269-382-0515, extension 300, or stop in to the lunch room and sign up with the Nutrition Site Coordinator.

Social Golf League

Thursdays thru August 27

9:00 AM tee time

States Golf Course, Vicksburg
League Fee \$5

The PSC Social Golf League is for male and female members and meets every Thursday at 8:30 AM at the States Golf Course with 9:00 AM tee times. As this is a social league, you only pay as you golf and never need to find a sub. League fees will be \$5 per person payable to the PSC Program Coordinator within the first three weeks of golf. Greens fees are \$9.25 and a half-cart is \$6 which is payable at the course. At the end of the season, we will have a golf scramble with prizes and luncheon at the course on Thursday, August 27.

PSC Bike Club

Wednesdays thru October 14

The 2015 biking season is in progress with 9:00 AM start times for September and October and with 8:30 AM start times for June, July and August. For more information on the dates, times and locations other than the PSC start location, see the Bike Club Schedule, which is available at the PSC. As this is a PSC club, you are required to be a member, provide your own bike and helmet (required). The group leader is Bob Strader.

Shred Day in Portage

Check out this "Shred Day" in Portage, offered by Mercantile Bank! This is an important step in protecting your identity. Bring in your unneeded, sensitive documents for FREE shredding and destruction at the following location:

Saturday, August 15, 10:00 AM - 12:00 PM
Mercantile Bank of Michigan
Portage Woodbridge Branch
3910 W. Centre Avenue
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Big Screen Movie

Monday, August 10, 1:15 PM
"Ring the Bell"

Slick, big-city sports agent, Rob Decker, has it all. But on his latest mission to sign a high school baseball superstar, Rob becomes stranded in a small town where the simplicity of life and the faith of the people stand in stark contrast to his own fast-paced, win-at-all-costs mindset. Torn between these two worlds, will Rob have the courage to let faith transform his life? Musicians Casting Crowns, Steven Curtis Chapman and Matthew West are featured.

Rated PG. Closed-captioned. 96 minutes. View the movie for free, 50 cents for popcorn.

Big Screen Movie

Monday, September 14, 1:15 PM
"Love's Unfolding Dream"

Best-selling author Janette Oke continues her "Love Comes Softly" series with the story of Belinda Tyler, who dreams of becoming a doctor. Then she meets Drew, a big-city lawyer with no desire to stay in Belinda's small, unsophisticated town. Will Belinda answer her call to study medicine, or will she marry Drew and adjust to life in New York? Not rated. Closed-captioned, 88 minutes. View the movie for free, 50 cents for popcorn.

PSC Band Schedule

AUG	DAY	TIME	LOCATION/ADDRESS
4	Tues.	6:00	Milwood Night Out Greenwood Reformed Church
10	Mon.	12:00	Kalamazoo Fair 2900 Lake Street
15	Sat.	2:00	Arts Encounter Portage District Library
18	Tues.	2:30	VA Medical Center 5500 Armstrong Road, Battle Creek
25	Tues.	3:00	Westland Meadows 4300 Leisure Meadows, Kalamazoo
SEPT	DAY	TIME	LOCATION / ADDRESS
1	Tues.	2:30	Bickford Cottage 4707 W. Milham, Portage
8	Tues.	3:00	Rehearsal 320 Library Lane Portage Senior Center
15	Tues.	2:30	Oakland-Centre 2255 W. Centre, Portage
22	Tues.	2:30	Park Village Pines 2929 Crystal Lane Oshtemo
29	Tues.	2:30	Spring Valley 2535 Mt. Olivet, Parchment

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Monday thru Friday
7am to 8 pm

Saturdays & Sundays
7am to 3 pm

Art Open Session

Mondays, 1:00 - 3:00 PM

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

PSC Book Club

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

Will resume in September

September: *Silent Sister* by Diane Chamberlain

October: *All the Light We Cannot See* by Anthony Doerr

November: *Emily Post: Daughter of the Gilded Age and Mistress of American Manners* by Laura Claridge

December: *The Art of Racing in the Rain* by Garth Stein

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

Choir

Thursdays, 9:30 AM

Resumes Practice after Labor Day

The PSC Choir is looking for men and women who enjoy singing. There are no auditions or requirement to have a great voice. The choir performs at retirement communities, PSC activities, and other community events. The group leader is Marilyn McKinley.

Garden Pals

The goal of this group is to maintain and improve the PSC garden areas for all to enjoy. All gardening enthusiasts are invited to volunteer an hour or two each week to assist in this endeavor. While there is no regularly scheduled meeting time, volunteers keep in touch with one another and work in the gardens as time permits. Activities may include a coffee chat or bag lunch gathering in the garden area during the warm months. Any assistance is welcome. Group leader is Joyce Tuinier.

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9 am-5 pm

Dining Out Club

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

August

Dinner

Monday, August 3
5:00 PM
Mangia Pizza & Cafe
3112 S. Ninth Street
Oshtemo (Kalamazoo)

Breakfast

Tuesday, August 11
8:30 AM
East Egg
6907 Sears Drive
Portage

Lunch

Thursday, August 20
11:30 AM
University Roadhouse
1332 W. Michigan Avenue
Kalamazoo

September

Dinner

Monday, September 14
5:00 PM
(Date changed due to Labor Day Sept 7)
Brann's Steak House
700 MLK Boulevard
Portage

Breakfast

Tuesday, September 8
8:30 AM
Colonial Kitchen
7816 S. Westnedge Avenue
Portage

Lunch

Thursday, September 17
11:30 AM
Cracker Barrel
5581 S. 9th Street
Texas Township (Kalamazoo)

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Hand Chimes

Thursdays, 1:00 PM

Resumes Practice after Labor Day

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

Loaves & Fishes - PSC Bag Recycling Program

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

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

New Member Orientation (NMO)

Tuesday, September 8, 10:00 AM

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

PSC Needlers

Thursdays, 9:00 AM - 12:00 PM

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

Recycled Cards

Tuesdays (1st, 3rd & 4th), 10:30 AM

The Recycled Cards group accepts whole greeting cards with verses intact. The cards are cut apart and redesigned to create a "new" card. The cards are available for sale in the PSC lobby. Group leader is Pat Brown.

Readers Theatre

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

Resumes after Labor Day

We have come to the end of our 2014-2015 Readers Theatre season and will resume in September. Meetings/rehearsals are 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: four at Pre-schools, and nine programs covering seven Portage elementary schools for one or two grade levels each. Our membership is presently between eight and 11 members, and our total audience was 1,090. 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.

PSC Kazoos of the Red Hat Society

This chapter of Red Hatters calls itself the PSC Kazoos. All you need to join this merry group is a sense of humor, a PSC membership, five dollars to join and the desire to have fun! Contact Queen Marie Tucker at 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 activities are posted under "Programs and Activities" on the PSC bulletin board. For more information, please call the Reception Desk. Group leader is Barb Lewis.

Friday, August 14

Time: 1:00 PM

Event: Picnic Potluck:

Bring a picnic-type dish to pass

Site: PSC

Hosts: Lilly H. and Marjorie C.

Friday, September 11

Time: 1:00 PM

Event: Fun and Games

Site: PSC

Hosts: Sonia H.

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Unless otherwise noted, register for classes at the PSC Reception Desk

NEW CLASS

Zumba®

Fridays, 9:20 – 10:20 AM

8 Weeks, \$24 Member/\$34 Non-Member

September 11 – October 30

Instructor: Helene Thompson

In this new ZUMBA® class, you will experience a party-like atmosphere and spend the entire hour laughing and smiling. This class is designed for beginners and older adults as you will start with easy-to-follow movements, get used to the footwork and feel confident about your performance. The Zumba philosophy is “Ditch the workout – join the party!” Participants love Zumba and before you know it you will have burned a ton of calories. Wear comfortable clothes and comfortable shoes with sturdy support and minimum tread. Bring a water bottle and towel for your own convenience. All you need for Zumba is your beautiful self and a positive attitude.

Drums Alive

Monday and Wednesday, 9:20 – 10:20 AM

7 weeks, \$42 Member/\$52 Non-Member

June 24 – August 19

No class July 27, 29 and August 3

August 19 – October 7; No class September 7

Instructor: Helene Thompson

Discover the drummer in you! Drums Alive combines traditional aerobic movement with the powerful beat and rhythms of drumming for an amazing body and brain workout! Instead of beating on a drum, however, you will whack a large exercise ball with a pair of drumsticks (equipment is provided or you may bring your own). A one-hour class offers a fast-paced workout that can burn up to 400 calories.

Body Rebound - Instructor, Helene Thompson

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

8 weeks, \$42 Member/\$52 Non-Member

June 26 – September 2

No class July 3, Use DVD July 17, July 24 – August 3

September 4 – October 30

No class September 7 Labor Day

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

Enhance Fitness – Instructor, Deb Snell

Monday-Wednesday-Friday, 8:10 - 9:10 AM,

8 weeks, \$42 Member/\$52 Non-Member

May 27 – July 27

No class July 8, 10 and September 7

July 29 – September 23

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

T'ai Ji - Instructor, Ed Kehoe

Tuesday, 8:30 - 9:30 AM,

7 weeks, \$42 Member/\$52 Non-Member

June 30 – August 11

August 18 – September 29

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

Continued on page 9



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From page 8

Yoga – Instructor, Christine Peckels – St. Catherine of Sienna, Stanley Center

**Tuesday, 1:00 - 2:30 PM,
8 weeks, \$72 Member/\$82 Non-Member
August 8 – September 22
September 29 – November 16**

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

**SilverSneakers Splash – Portage YMCA
2900 W. Centre Avenue**

**Tuesday & Thursday, 11:00 AM – 12:00 PM
July 21 – August 20 (\$46 PSC Members Only)
5 weeks, September 8 – October 22
(\$64 PSC Members Only)
5 weeks, October 27- December 17
(\$64 PSC Members Only)**

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

to change; please contact the Portage YMCA for more information.

OTHER CLASSES

Fused Glass Pendant Class

**Friday, September 18,
10:00 AM**

Fee: \$38 Members

West Michigan Glass Art

Center will present the

“Fused Glass Pendant Class.” Students will create

3 personalized pendants in this fun jewelry class and learn how to cut and layer different types of glass to create stunning jewelry. Students will also discover the wide variety of glass available to glass artists (sparkly dichroic, transparent, opaque, stringer, frit and confetti.) Perfect for gifts and yourself! This class includes all tools, colorful glass, a small packet of dichroic glass and jewelry findings. Minimum of 6 participants, maximum of 12 participants.



Reminiscence Writing – Instructor, Wilma Kahn

**Wednesday, 10:30 AM - 12:00 PM,
7 weeks, \$32 Member/\$42 Non-Member
September 2 – October 14
October 28 – December 9**

Write about reminiscences old and new. Topics include

Continued on page 13

Love where you live.

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arts council of greater kalamazoo

**CONCERTS
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Summer Concert Series

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August Schedule

- Aug 2 - Yolonda Lavender
- Aug 9 - Keith Hall's Homecookin' featuring Nashon Holloway
- Aug 16 - Schlitz Creek
- Aug 23 - U.S. Navy Band Cruisers

Learn more at: kalamazooarts.org 359 S. Kalamazoo Mall, Kalamazoo • 269.342.5059

arts council of greater kalamazoo

From page 9

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

AARP Smart Driver Program

Thursday, October 22, 9:00 AM - 4:00 PM

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 present payment at time of registration (cash or checks payable to AARP Driver Safety Program). Class size is limited.

COMPUTER CLASSES

Computer Tutoring - Members Only

Monday and Friday, 10:00 AM - 12:00 PM,

Members \$10/hour

Individual tutoring with or without a laptop computer by an experienced volunteer is available Monday or Friday. Your appointment focuses on whatever aspect of computer usage you would like to cover.

Laptop Introduction to Office

Instructor, Royce Bland

Wednesday, 10:00 AM - 12:00 PM,

7 weeks, Members Only - \$24

August 5 - September 16

September 30 - November 11

Laptop Introduction to Office is designed for individuals who have some basic working knowledge but would like to learn more about how to utilize Microsoft Office software for personal applications. The class will provide an overview of Windows Explorer, Word, Excel, Access,

PowerPoint, and Photo Editing. **Please note:** Students will need to bring a laptop computer and a one gigabyte flash drive to each class, including the first class. Students will use the flash drive to save lesson plans and homework.

Scholarships: The PSC is fortunate to maintain a scholarship program through the Friends of the PSC, in the *Bea Butler Scholarship Fund*. Members of the PSC or community at large who are experiencing financial hardship are encouraged to contact Manager Kim Phillips or Program Coordinator Denita Demler for additional information regarding scholarships. All information is kept confidential.

PSC Community Service Van (CSV)

Transportation to PSC and Grocery Shopping

The CSV transportation program is available to all Portage residents 50 years of age and older and is limited to the Portage geographical area. The van is wheelchair accessible and can accommodate seven passengers. Transportation is available Monday through Friday from 8:45 AM until 1:00 PM. Reservations are made the previous day by calling 329-4555.

Transportation for grocery shopping is available only on Wednesday and Thursday to the Meijer store on Shaver Road. A donation of \$3.50 for each round trip is recommended and may be given to the driver at the end of each ride.

Walkers with Walkers

Tuesdays and Thursdays, 9:30 AM

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

Free Estate Planning Workshop

Learn how to:

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

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

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Bill Wieringa, JD
800 E. Milham Ave.
Portage
bill@wieringalaw.com



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- SECURITY** Our caregivers are fully insured and bonded.
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Each office is independently owned and operated. ComForcare Senior Services is an equal opportunity employer.

Bronson Programs at PSC

Understanding and Coping with Neuropathy

Tuesday, September 15, 6:30 – 7:30 PM

Sponsor: Bronson

Free: Open to Public

Presented by Dustin Nowacek, MD, neurologist with Bronson Neuroscience Center.

Learn more about the causes, symptoms, types and management of Peripheral Neuropathy. To register, go to www.bronsonhealth.com/classes or call Bronson HealthAnswers at (269) 341-7723. If you have questions, call (269) 341-8860.

A Sudden and Severe “Worst Headache of Your Life” – Could it be a Stroke?

Tuesday, September 29, 6:30 – 7:30 PM

Sponsor: Bronson

Free: Open to Public

Presented by Jeffrey Fletcher, MD, Neuro Critical Care physician with Bronson Neuroscience Center.

Are you at greater risk for a stroke than you think? Are you able to recognize stroke symptoms? Do you know the importance of seeking treatment from a dedicated team of specialists who provide coordinated stroke care at an accredited Primary Care Stroke Center? Get the answers to these questions and more by attending this presentation. To register, go to www.bronsonhealth.com/classes or call Bronson HealthAnswers at (269) 341-7723. If you have questions, call (269) 341-8860.

Flu Vaccine Clinic by Borgess Hospital

Friday, October 23, 2:00 – 4:00 PM

This year’s flu vaccine clinic will be provided by Borgess 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 Borgess Hospital. They will be offering the regular flu, high dose (for those 65 and older), the flu mist nasal spray (for ages 2-49) and pneumonia vaccine. All insurance payers for all ages and cash, check and Visa/MasterCard will be accepted. No registration required.

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Edward Jones
MAKING SENSE OF INVESTING

It’s All About the Foot and Ankle!

Tuesday, September 22, 6:30 – 7:30 PM

Sponsor: Bronson

Free: Open to Public

Presented by Robert Gorman III, MD, orthopedic surgeon with Bronson HealthCare Midwest Orthopedic Trauma, Foot & Ankle Specialists.

Dr. Gorman will discuss conditions affecting the foot and ankle and treatment options including: arthritis of the foot, Achilles tendon rupture, tendonitis, ankle sprains/instability, bunions, deformities and total ankle replacement. To register, go to www.bronsonhealth.com/classes or call Bronson HealthAnswers at (269) 341-7723. If you have questions, call (269) 341-8860.

LegsWorks Presentation and Demonstration

Thursday, August 20, 1:00 PM

Bronson Hospital invites you to come to an informative *LegsWorks* Presentation: “Do you have healthy veins?” A clinical team will describe causes, symptoms, diagnosis and treatment of venous insufficiency. Participants will learn about the causes and stages of the disease, and how ultrasound scans are used to evaluate patients. Treatment options will be explained that include same-day, minimally invasive, no hospital stay, no stitches and no time away from work or family. Most procedures covered by insurance. Register at the Reception Desk.



HERITAGE COMMUNITY OF KALAMAZOO

Local Roots. Vibrant Senior Living.

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

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

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

Independent Living
Wyndham Apartments
Heritage Hills Apartments

Assisted Living
Wyndham West
Directors Hall

Residential Memory Care
Amber Way
Amber Place

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

AARP Seeks Income Tax Volunteers for 2015 Fall Training

AARP TaxAide program volunteers assist seniors and lower income taxpayers with the preparation and filing of their tax returns each year at no charge. Volunteers in the Kalamazoo area are needed for upcoming fall training sessions in order to sustain this valuable service for our community. All necessary materials, computers, training and support are provided. 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 Van Drivers

Volunteer drivers are needed to transport patrons in our Community Service Van program (CSV) on a planned route to and from various PSC activities and grocery shopping trips within the City of Portage, Monday through Friday, with general hours of 8:30 AM - 1:30 PM. The next Kalamazoo Metro CSV training is Wednesday, October 7, 2015. Contact the Volunteer Coordinator for more information on this position.

Pen Pals and Partners Program

October 2015 – May 2016

The 2014-2015 school year was another great success for Pen Pals and Partners! Members dedicated their time to building positive, meaningful relationships with third and fourth grade students. The season wrapped up with two wonderful celebrations, including a Partner's Potluck and a "Meet Your Pen Pal" party at Angling Road School. This was an excellent opportunity for members to volunteer with these two intergenerational programs. These programs met with the third grade students from Rhonda VanderVeen's class at Angling Road Elementary and Sheila Clothier's fourth grade students at Portage Central Elementary. Intergenerational Coordinator is Zoe Miller.



Quarterly Volunteer Orientation

Tuesday, October 13, 10:00 AM

Do you want to be a volunteer at the PSC? Are you wondering what volunteering at the PSC consists of? The discussion will include a history of the PSC, current and future volunteer programming, and benefits of volunteering. MySeniorCenter™ (MSC) membership database, and how to log volunteer hours will be covered. The orientation benefits both new and experienced volunteers. Once a new volunteer attends a Quarterly Volunteer Orientation, an account for volunteering will be activated in MSC. Register at the Reception Desk.

PSC Volunteers

Did you know...we currently have 258 volunteers at the PSC? In May, 173 active volunteers amassed a total of 2,264 volunteer hours. If you have a desire to help others and your community, you can start volunteering today! The opportunities are almost limitless. Contact Denita Demler, Volunteer Coordinator, at 329-4553, if you are interested.



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

A new approach to caring.

New Friends, A Vibrant Life Community, is dedicated to providing a warm and residential home-like environment for individuals living with memory support needs. Our staff is specially trained to respond to the ever-changing needs of people with cognitive loss; primarily supportive care for three stages of Alzheimer's disease and related dementia.

(269) 372-6100

call for a **FREE ASSESSMENT**

3700 W. Michigan Avenue in Kalamazoo
www.NewFriendsMemoryCare.com

Volunteer Greeters

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

Volunteer Laptop Computer Tutors

Tutors will work with members to introduce them to various software applications and the Internet. Members are generally beginners, but may have some previous experience on the computer. Tutors should be knowledgeable of the following applications: MS Word, PowerPoint, Excel, and Internet. Contact the Volunteer Coordinator for more information on this position.

SuperBooks – A Huge Thank You!

Available beginning December

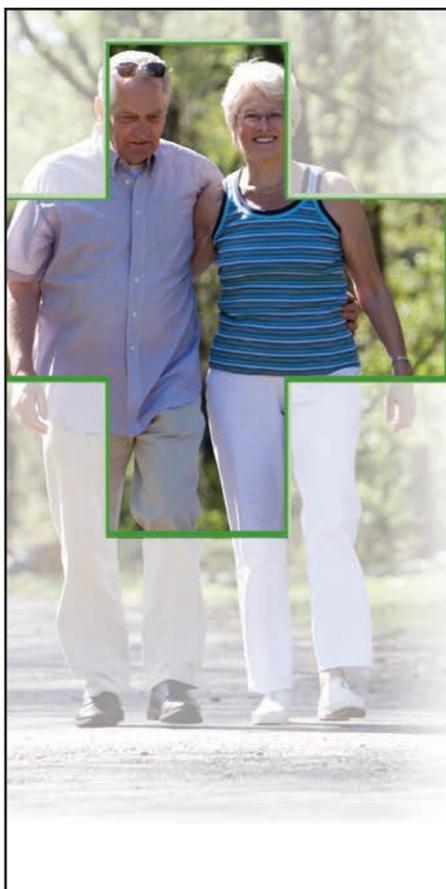
The PSC sells SuperBooks as a fundraiser every spring. This year our goal was to sell 100 books by the end of May. We are pleased to announce that we met our goal and received a check for \$1,000 to support PSC programs. The 2015-2016 SuperBooks will be available beginning in December.

Donations in Memory

Denita Demler, Enhance Fitness Class, Lois & Robert Ostrowski, Shirley Kury, *in memory of Lowell Didas*
 Evelyn Evans *in memory of Cloyd Holt & Marve Thysee*
 Margaret Tanner *in memory of Dick Tanner*

Welcome New Members between April 1, and June 22, 2015

Luella Shader	Alan & Eileen	Ed Staron
Peter Morton	Braysher	Howard Schroeder
Diane Copp	Emelita Joven	Marjorie Brinkman
Ellen Walker	Janice Robertson	Elsie Autry
Katherine Runia	Gloria Baldwin	Gary Bigelow
Carole Sparks	Patricia Gherardi	Della Sell
Lee Hutt	Bob Hahn	Dorothy Lauderdale
Russell Bishop	James Steff	Michele Ogden
Stanley Sokalowski	Michael Eidson	Emily Bales
Joseph Yankech	Dian VanderMolen	Paulette Rayel
Edith Stahl	Jeffrey Jennings	Jani Fitzsimmons
David Miner	Walker Sisson	Jeanette Rybinsky
Anthony & Judith	Barbara Colvin	Linda Bunnell
Riccio	Connie Weaver	Lolita Thornton
Joy Bently	Marcia Burgstahler	Ruth Newland
Karen Steffes	Frank & Carol	Alfred & Bonnie
Barbara Hunt	Johnson	Schaub
Bob Materi	Jane Grill	Russell Giordano
Ron Zapinski	Birgitta Kudlicki	Sandra Howe
Gene Jennings	Elizabeth Price	Jane Phinney
Penny Jennings	Jack Barger	Patricia Gasaway
Linda McCrumb	William & Lois Davis	Irma Fox
	Jacquelyn Thomas	Ernest Schmidt



FREE HEALTH PROGRAMS

Understanding and Coping with Neuropathy

TUESDAY, SEPT. 15, 6:30 - 7:30 P.M.

Learn more about the causes, symptoms, types and management of peripheral neuropathy.



Dustin Nowacek, MD
Bronson Neuroscience Center

It's All About the Foot and Ankle

TUESDAY, SEPT. 22, 6:30 - 7:30 P.M.

Learn about conditions affecting the foot and ankle and treatment options including: arthritis of the foot, Achilles tendon rupture, tendonitis, ankle sprains/instability, bunions, deformities and total ankle replacement.



Robert Gorman III, MD
Bronson HealthCare Midwest Trauma, Foot & Ankle Specialists

A Sudden and Severe "Worst Headache of Your Life" – Could it be a Stroke?

TUESDAY, SEPT. 29, 6:30 - 7:30 P.M.

Are you at greater risk for a stroke than you think? Are you able to recognize stroke symptoms? Do you know the importance of seeking treatment from a dedicated team of specialists who provide coordinated stroke care at a Primary Stroke Center with a Comprehensive Stroke Certification? Get the answers to these questions and more.



Jeffrey Fletcher, MD
Bronson Neuroscience Center

These programs will be at the **Portage Senior Center, 320 Library Lane, Portage.** To register, go to bronsonhealth.com/classes or call (269) 341-7723. If you have questions, call (269) 341-8860.



Special Trip Previews are listed below:

Call the Reception Desk to save your seat.

Classical Christmas Markets: (Germany, Austria & France), Wednesday, July 22 at 1:00PM

Tulip Time River Cruise (Holland and Belgium); Wednesday, August 12 at 2:00PM

Callaway Gardens (Kentucky, Georgia & Tennessee); Wednesday, August 19 at 2:30PM

Fun 2015 Day-Trip Outings!

HOUSE OF DAVID & LAKE CLIFF GARDENS . . .

Benton Harbor/St. Joseph

Tuesday, August 4

The day begins at Mary's House of David in Benton Harbor. Lunch will be at Papa Vinos (included) following a drive to beautiful Silver Beach in St. Joseph. Continue on to Lake Cliff Gardens, which has been featured in several gardening magazines. The last stop will be Piggott's Farm Market & Bakery. \$66 Member, \$76 Non-Member.

UP THE WEST MICHIGAN PIKE . . .

1916 West Michigan Pike

Wednesday, August 19, 2015

This day trip is a narrated excursion from New Buffalo to Muskegon, retracing (as much as possible) the 1916 West Michigan Pike. This highway was designed for one specific purpose - to bring tourists from Chicago to the shores of Lake Michigan. The original "Pike" went from downtown Chicago to the Straits of Mackinaw. In 1916 the trip took seven days (top speed was 35 mph). The trip will also follow the Blue Star and Red Arrow Highways and the Territorial (Joseph's Road). Along the way, visit two museums, another venue en route, along with a lunch stop (self-pay). \$72 Member, \$82 Non-Member.

IKEA, DETROIT & TRADER JOE'S . . .

Canton, Detroit, and Ann Arbor

Saturday, August 22

The day will begin at Ikea in Canton, then lunch on your own in Detroit's Greektown (self pay). After lunch, enjoy a guided tour of the downtown area including Eastern

Market. A stop at Trader Joe's in Ann Arbor on the way home will complete the day. *Note: You may bring a small cooler for your purchases, which can be stored underneath the bus or under your seat.* \$75 Member, \$85 Non-Member.

BACK TO THE TWENTIES (20's) . . . Chicago, IL Wednesday, September 2

Drive down the historic streets of Chicago seeing the sights and buildings that once set the scene of the Prohibition Era. A step-on guide will explain it all. You'll then be dropped off at Tommy Gun's Garage for a delightful show and lunch (included). Come, relive a day of adventure from the 1920's. \$120 Member, \$130 Non-Member.

TIGERS VS. TWINS . . . Comerica Park, Detroit

Sunday, September 27

\$100 Member, \$110 Non-Member.

CHARLEY PRIDE . . . Auditorium Theatre,

Shipshewana, Indiana

Saturday, October 24

Pride is known as the first African American superstar in country music, he is revered by his musical peers and adored by countless fans around the globe. His golden baritone voice has transcended race and spanned generations. He is an internationally known artist who has 36 number 1 country singles, 70 million records sold, and was inducted into the Country Music Hall of Fame in 2000. Enjoy a family style meal before the show (included). \$139 Member, \$149 Non-Member.

PIPPIN . . . DeVos Performance Hall, Grand Rapids, MI

Saturday, November 7

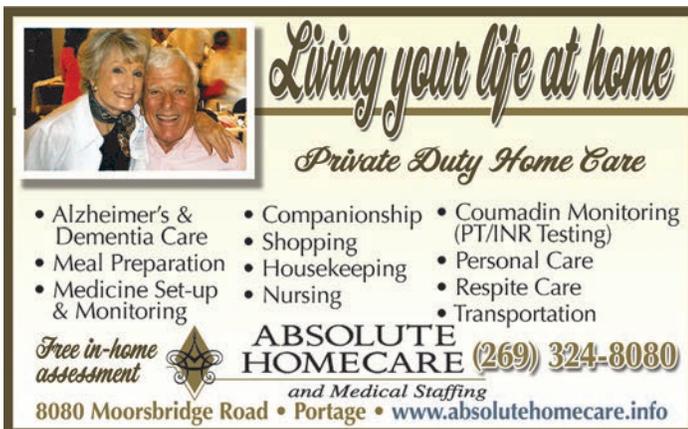
PIPPIN is Broadway's high-flying, death-defying hit musical! Full of extraordinary acrobatics, wondrous magical feats and soaring songs from the composer of *Wicked*, *PIPPIN* will lift you up and leave you smiling. This unforgettable production is the winner of four 2013 Tony Awards including Best Musical Revival. Hailed as "an eye-popping, jaw-dropping extravaganza," it's unlike anything Broadway has ever seen! Come experience *PIPPIN*, one young man's journey to be extraordinary. A lunch stop will be made at a local Grand Rapids restaurant (self-order & self-pay). \$86 Member, \$96 Non-Member.

WHITE CHRISTMAS . . . Drury Lane Theatre,

Oakbrook Terrace, Illinois

Thursday, November 19

Based on the beloved, timeless film, this heartwarming musical adaptation features seventeen Irving Berlin songs. Veterans Bob Wallace and Phil Davis form a successful song-and-dance act after World War II. With romance in mind, the two follow a duo of beautiful singing sisters en route to their Christmas show at a Vermont lodge, which just happens to be owned by Bob and Phil's former army commander. Includes lunch. \$118 Member, \$128 Non-Member.



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ZEHNDER'S HOLIDAY SHOW & BIRCH RUN . . .

Frankenmuth, MI
Monday, November 30
Featuring "The Marlins" – a Family of Musicians. These four brothers have been entertaining audiences for over 25 years all over the U.S. and Canada with an outstanding variety show including Christmas tunes. They specialize in blending over 20 instruments with vocal harmony and humor. Includes lunch. A choice of additional stops will be offered – Birch Run Outlet Mall or Bronner's Christmas Wonderland. Member \$110, \$120 Non-Member.

**TEXAS TENORS . . . Auditorium Theatre,
Shipshewana, Indiana
Friday, December 4**

Over 100 million people from around the world tuned in to NBC's "America's Got Talent" in 2009 to see The Texas Tenors become the highest-ranking vocal group in the history of the show. With breathtaking vocals, humor and cowboy charm, The Texas Tenors have traveled the globe performing more than 500 concerts in the last four years. Enjoy a family style meal before the show (included). \$99 Member, \$109 Non-Member.

BEAUTIFUL: THE CAROLE KING MUSICAL . . .

Oriental Theatre, Chicago, Illinois
Saturday, December 12
Long before she was Carole King, chart-topping music legend, she was Carole Klein, Brooklyn girl with passion and chutzpah. *Beautiful* tells the inspiring true story of King's remarkable rise to stardom, from being part of a hit songwriting team with her husband Gerry Goffin, to her relationship with fellow writers and best friends Cynthia Weil and Barry Mann, to becoming one of the most successful solo acts in popular music history. Along the way, she made more than *Beautiful* music—she wrote the soundtrack to a generation.
\$155 Member, \$165 Non-Member.

Extended Trips – 2015 Fun Get-Aways!

CALLAWAY GARDENS – FANTASY IN LIGHTS. . .

Kentucky, Georgia & Tennessee
November 28 – December 3
This deluxe motor coach trip takes in (four) of the nation's top holiday light shows: Lexington, Kentucky's Southern Lights; Lake Lanier's (Georgia) Magical Nights of Lights; Callaway Gardens (Georgia) Fantasy in Lights and Smoky Mountain Christmas in Pigeon Forge (Tennessee). Additional highlights include My Old Kentucky Dinner Train, CNN Studio Tour, World of Coca Cola, Hatfield & McCoy Dinner Show, Blackwoods Morning Show, Smoky Mountain Opry or Biltmore Estates, and much more! Includes cancellation insurance. Price starts at \$1,374 (double). Sponsored by Shoreline Tours.



International Trips!

CLASSICAL CHRISTMAS MARKETS

December 10 – December 18, 2015

Embark on a glorious holiday adventure that includes Europe's finest Christmas markets. Trip features Black Forest, Strasbourg, Wurzburg, Franconia Region, Nuremberg, Neuschwanstein Castle, Innsbruck, Munich and Christmas markets. *Special preview Wednesday, July 22 at 1:00 PM. \$200 per person early booking discount expires July 31, 2015.*



TULIP TIME RIVER CRUISE . . . HOLLAND & BELGIUM

April 18 – 26, 2016

Discover picturesque Holland and Belgium on this marvelous 8 day river cruise vacation! Drink in the colorful blooming beauty of famous Keukenhof Gardens, vibrant gardens with the world's largest bulb flower park; visit one of the charming windmills at Kinderdijk; visit and learn about Holland's complex flood controls at the fascinating Delta Works; guided sightseeing tours of the charming towns of Middelburg and Willemstad, as well as the bigger cities of Antwerp and Ghent; visit Delft, the home of "Delft Blue" pottery and much more! Price includes air with taxes, cruise with port charges, and travel insurance. Price starts at \$4,745 (double). Sponsored by Avalon Waterways. *Special preview Wednesday, August 12 at 2:00 PM.*

Stay Independent - Prevent Memory Loss

2nd Thursday of every month

1:00 - 2:30 PM

Session 1: August 13

Session 2: September 10

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

Instructor: Suzanne Gernaat

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

Massage Therapy

1st and 3rd Monday

12:30 - 4:45 PM

No Appointments in August

Resumes in September

How does stress feel in your body? Are you tired and achy? Do you suffer from a stiff neck or headaches? Sore back and shoulders? Is your body moving as well as it used to? Massage can help. Sign up for an appointment with our licensed massage therapist, Susan Walker. Appointments are \$20 for a half hour or \$40 for one hour. Payments are made directly to Susan in cash or check. Register at the Reception Desk.

Hearing Screenings

3rd Tuesday, August 18 and October 20

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. Call the Reception Desk to schedule an appointment (required).

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.

A Matter of Balance Class

Fridays, 9:30 AM - 11:30 AM

8 weeks, October 2, 9, 16, 23, 30

November 6, 13 and 20

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 but the body's reaction to a number of causes this class helps address and change. This is a popular eight-week workshop that helps older adults stay safe, active and independent. Register at the Reception Desk.

Wii Bowling Open Play

Tuesdays, 9:45 - 11:30 AM

Looking for a way to have fun, meet new friends, and burn off calories, all at the same time? This Nintendo Wii video game is easy to learn! Wii Bowling encourages range of motion and hand-eye coordination. You can bowl either standing or sitting. If you want to check out an activity that is fun, free and promotes health and fitness, then come in for Wii Bowling on Tuesdays! Open to all PSC members.



PSC Member Discount Day at Ramona Park

Friday, August 21

Bring your friends and family out for a day of swimming, picnicking and relaxation on the shores of Long Lake! Show your PSC membership key tag at Ramona Park and receive a day pass parking permit for only \$3. Ramona Park offers a Lifeguarded beach with a sandy swim area, handicap accessible ramp, fishing dock, playground, picnic areas and a concession stand. Friday beach hours are 10:30 AM - 7:30 PM. Please note that pets are not permitted and only "Lifeguard Approved" flotation devices may be used in the swimming area. For additional information, please contact the City of Portage Parks office at 329-4522.

City of Portage
Senior Citizens Services
320 Library Lane
Portage, MI 49002



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The mission of the Portage Senior Center is to provide, with the help of its members, information and a range of services, activities, and volunteer opportunities which promote personal growth, friendship, health and independence for adults aged 50 and over.

Look for your renewal date on the address label.

Check Us Out!

The PSC is open Monday through Friday from 8:00 to 5:00 – drop in and see what’s going on! Check us out on Facebook – Daily updates make the PSC Facebook page a regular stopping place for your neighbors, kids and grandkids! Check it out and let us know what you think!

Join Us!

Everyone is welcome. Membership fees are due annually at only \$25 for Portage residents and \$35 for non-residents.



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CENTRA CARE
COMPREHENSIVE COMMUNITY-BASED OLDER ADULT SERVICES

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

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

Services are coordinated by CentraCare to:

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

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

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

445 W. Michigan Avenue, Kalamazoo
(269) 488-5460 • toll-free (800) 488-5860 • www.mycentracare.com

