

Portage Senior Center Newsletter

Oct/Nov 2015



Halloween Lunch

Thursday, October 29,
11:45 AM

\$1 registration fee

Celebrate Halloween with old and new friends! Wear a costume if you feel your inner child surfacing. We will award the best costume. This event with entertainment (returning piano player Peggy Needham-Mrva) is sponsored by **Wyndham Apartments**. The meal is provided through Senior Services for a \$3 donation, payable at the event. Registration deadline is noon on Monday, October 26.

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Countdown to Kwanzaa: Celebrating Family, Culture, and Community

Thursday, December 17
1:15 PM – 3:15 PM

Presenter:

Monifa Jumanne

From lighting the first Umoja candle to honoring the ancestors to tasting the spicy Jollof Rice, Kwanzaa offers an array of family and community activities. Celebrated December 26-January 1,

Kwanzaa combines African customs with African American values and traditions. Its core is the Nguzo Saba, seven principles for daily living accompanied by seven candles. Kwanzaa celebrations include history, drumming, dancing, music, libations, readings, reflections,

candle-lighting, artistic performances, and a communal feast. Join the fun with Kwanzaa veteran Monifa Jumanne, other PSC members and special guests, as PSC celebrates the heritage of African Americans. Register at the Reception Desk by Monday, December 14.

Annual Holiday Bazaar and Bake Sale

Featuring PSC
Soup Café

Open to the Public
Saturday, November 7
9:00 AM – 2:00 PM

Soup from the Soup Café, seasonal crafts (from independent vendors), and delicious homemade baked goods will be for sale at this annual holiday event sponsored by the PSC. Admission is free and does not require advance registration. If you are interested in being a vendor at this event, call 329-4555. It is not too late to get registered.

Thanksgiving Lunch

Thursday, November 19,
11:45 AM

\$1 registration fee

Come and give thanks as we celebrate with our annual Thanksgiving Day Lunch. This event with entertainment (returning

Friendship Village Kitchen Band) is sponsored by **Absolute Home Care**. The meal is provided through Senior Services for a \$3 donation, payable at the event. Registration deadline is noon on Monday, November 16.

Kalamazoo Anti-Human Trafficking Coalition

Tuesday, October 13
7:00 PM – 8:30 PM

Presenter:

Sara Morley-LaCroix

Human trafficking is a local concern. The presenting coalition brings awareness to our community regarding the growing issue of human trafficking through awareness,

advocacy, training and victim assistance. This presentation will help educate the community about the true nature of human trafficking, how to recognize it and what to do about it.

Register by Friday, October 9, at the Reception Desk.



When it's critical to keep residents informed of important information, the City of Portage has it covered. Recently, the city implemented **PortageAlert** to stay connected to residents and efficiently provide direction in the event of emergency situations and any other situation that could impact the safety, property or welfare of Portage citizens.



PortageAlert sends voice messages to home phones, businesses, and mobile phones in just minutes. The service will also send email and text messages. Messages can also be sent to TTY/TDD devices for people who are hearing impaired. **PortageAlert** will also be used to distribute service reminders such as snowplowing progress updates during major snow events, Spring Cleanup Program dates, Quarterly Brush Collection dates and more. Individuals can also request to receive

communications specifically related to the Portage Senior Center.

Residents interested in receiving alerts can sign up on the **PortageAlert** system. Simply visit www.portagemi.gov and click on the icon to provide complete contact information for the database. Users can also manage message preferences by indicating the preferred mode of contact (phone, text, email, etc.), language and message topics.

If you would like assistance registering for the **PortageAlert** system, City of Portage staff will be on-site at the Portage Senior Center on Thursday, November 12 from 11 AM - 1 PM. Feel free to stop in to sign up or get more information.

PortageAlert is a significant enhancement to existing means of communication. With the addition of **PortageAlert**, the City of Portage has added another layer of communication with the goal of keeping the community more secure and more informed.

The City of Portage is proud to partner with the Peoples Food Co-op of Kalamazoo in offering a farmers market at the Portage Senior Center!

The farmers market will be offered on Sundays, October 4 and 18 from 12 PM - 4 PM to test community interest with the hope of offering a weekly market next year.

Mark your calendar to come out and enjoy the freshest food around!

Evening Meals at the PSC

3rd Tuesday, 5:00 PM – 6:30 PM

The PSC is hosting an evening meal on the third Tuesday of each month. 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 meals take 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.

Continued on page 3

Advisory Board

- Ann Perkins, Chair
- Mary Maisto, Vice Chair
- Monifa Jumanne, Secretary
- Patricia Berninger
- Michael Martin
- Ruth Ann Meyer
- Gloria Padilla-Carlson
- Mary Lou Petrulio
- Gertrude Riker
- Art Roberts
- Bill Wieringa
- Ali Arif, Youth Participant
- Blue Koffron
Youth Alternate

PSC Staff

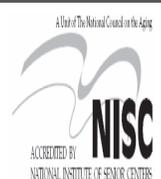
- Parks, Recreation & Senior Citizen Services Director*
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- Program & Volunteer Coordinator*
Denita Demler
- Trip Coordinator*
Johanna Thompson
- Receptionists*
Morning: Judy Grey
Afternoon: Allison Alexander



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.

From page 2

*At the October Evening Meal, there will be special musical entertainment provided by **Bob Rowe and The Green Valley Boys**, widely known for their fine blend of traditional country, folk, and gospel music. Bob has toured extensively in North America. Bob is well-known for his original music and wide and varied repertoire. The Green Valley Boys are famous for having the longest-running country music television show in any market. Rem Wall and the Green Valley Boys played on CBS (channel 3) for over 34 years, preceded by a popular radio show on WKZO radio. Thanks to the Portage Area Charities Fund for sponsorship of this event.

*October 20: Chicken Casserole and special entertainment

November 17: Roast Pork

Long Gone Stores and Businesses

Monday, November 16, 1:15 PM

Presenter: Steve Ellis of Spark Magazine

Steve Ellis, publisher of Spark magazine, will present a lively photo journey of long gone businesses in the area. This will bring back fond memories of some of your favorite haunts from days gone by. Register at the Reception Desk.

History of the Underground Railroad in Southwest Michigan

Thursday, October 22, 1:00 PM – 3:00 PM

Presenter: Donna Odom

This presentation will give an overview of the origin and development of the resistance movement that came to be known as the Underground Railroad, highlight some of the stories of enslaved people who passed through safe houses in southwest Michigan, and tell the stories of some of those who stayed and settled in our area. Register at the Reception Desk.

Honoring the “Day of the Dead”

Celebrate Life, Memories, and Family

Thursday, November 5, 8:30 AM – 4:30 PM

Presenter: Gloria Padilla-Carlson

Day of the Dead is a Mexican tradition honoring the remembrance of ancestors. The day typically includes cemetery visits and memorial offerings as well as other traditional practices. This is a time for families to be together and honor their loved ones in a special way. Please join us for this unique cultural celebration. This traditional Hispanic experience will be available throughout the day, so feel free to come and go at your convenience.

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Coffee with Public Safety

Thursday, October 15, 1:30 PM

Come enjoy a warm beverage and the opportunity to speak with your local police, fire and dispatch employees from the City of Portage. They will be available to answer questions in an informal, friendly gathering about their roles in serving the City of Portage. This is your chance to quench your thirst and your curiosity with the professionals who have the inside knowledge. Register at the Reception Desk.

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.

PSC Social Golf League

Over 30 PSC members participated in the 2015 Social Golf League held at States Golf Course in Vicksburg. We ended our season with a golf scramble and lunch at the course. We are looking for a volunteer golf league coordinator for the 2016 season. If interested, contact the Program Coordinator.

Mothers and Daughters Coffee and Tea

Thursday, October 8, 8:30 AM - 10:00 AM

Sponsor: Brookdale Senior Living

Join us for our Mothers and Daughters Coffee and Tea. Brookdale Senior Living is sponsoring this very special event that will take us back to a time when enjoying each other's company involved conversation and refreshments. Take a little part of your day and enjoy "some time with Mom." Register at the Reception Desk by Tuesday, October 6.

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? Then 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.

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Big Screen Movie

Monday, October 12, 1:15 PM

"Honey, I Shrunk the Kids"

Walt Disney flicks aren't just for the younger generation. Get set for the adventure of a lifetime in this hit comedy. Rick Moranis stars as a preoccupied inventor who just can't seem to get his electro-magnetic shrinking machine to work...until he accidentally shrinks his kids and tosses them in the trash! Enjoy amazing special effects, hilarious comedy, wild chases and nonstop surprises! Rated PG. Closed-captioned. 93 minutes. View the movie for free, 50 cents for popcorn.

Big Screen Movie

Monday, November 9, 1:15 PM

"The Waltons: The Thanksgiving Story"

Remember the classic TV series "The Waltons?" We're taking a page out of the past with this memorable holiday episode, which won an Emmy Award for Best Writing in Drama (Series). Rekindle memories of John-Boy, John and Olivia, Grandma and Grandpa and the rest of the family. Not rated. Closed-captioned. 98 minutes. View the movie for free, 50 cents for popcorn.

Legal Issues Affecting Seniors

Thursday, October 15, 10:00 AM

Sponsor: The Elder Law Center

The Elder Law Center will discuss legal issues affecting seniors during this presentation including topics on wills, trusts, powers of attorney, asset preservation for nursing home care, probate and trust administration. Refreshments will be provided. Register at the Reception Desk by Monday, October 12.

PSC Book Club

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

Group Leader: Ann Perkins

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.

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Monday thru Saturday
7am to 8 pm

Sundays
7am to 3 pm

PSC Band Schedule

OCT	DAY	TIME	LOCATION/ADDRESS
6	Tues	3:00	Rehearsal 320 Library Lane Portage Senior Center
13	Tues	3:00	PSC Oktoberfest Dance 320 Library Lane Portage Senior Center
20	Tues	3:00	Crosstown Parkway 550 W. Crosstown Pkwy., Kalamazoo
27	Tues	2:30	Park Place 4222 S. Westnedge, Kalamazoo
NOV	DAY	TIME	LOCATION/ADDRESS
3	Tues	2:30	Alamo Nursing Home 8290 W. C Ave., Kalamazoo
10	Tues	3:00	Fountains 1700 Bronson Way, Kalamazoo
17	Tues	3:00	Rehearsal 320 Library Lane Portage Senior Center
24	Tues	3:00	Rehearsal 320 Library Lane Portage Senior Center

Garden Pals

Group Leader: Joyce Tuinier

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. The Garden Pals were approved to be participants in the Community Good Neighbor Day giveaways at Wenke Greenhouses. Plant materials were obtained in May and July and planted by our members in the PSC gardens and planters. A third day is planned for October that will focus on fall enhancements. Many thanks to Wenke Greenhouses. Any assistance is welcome.

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9 am-5 pm

Dining Out Club

Hosts: Hal and Shirley Ray

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.

October

Dinner

Monday, October 5
5:00 PM
Main Street Pub
7509 S. Westnedge
Portage

Breakfast

Tuesday, October 13
8:30 AM
Café Meli (formerly
Callahans)
5200 Portage Road
Portage

Lunch

Thursday, October 15
11:30 AM
TGI Fridays
West Main and US131
Kalamazoo

November

Dinner

Monday, November 2
5:00 PM
Applebee's
6675 S. Westnedge
Portage

Breakfast

Tuesday, November 10
8:30 AM
Bob Evans
5641 S. Westnedge
Portage

Lunch

Thursday, November 19
11:30 AM
Olive Garden
6700 S. Westnedge
Portage

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*References to the term life-care are fully explained in the residency agreement.



Choir

Thursdays, 9:30 AM

Group Leader: Marilyn McKinley

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.

Hand Chimes

Thursdays, 1:00 PM

Group Leaders: Freya Lake and Jeanne Fakler

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.

New Member Orientation (NMO)

Thursday, November 12, 10:30 AM

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

PSC Needlers

Thursdays, 9:00 AM - 12:00 PM

Group Leader: Bobbie Kipp

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

Group Leader: Pat Brown

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.

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.

Readers Theatre

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

Group Leader: Babs Smith

Do you enjoy drama and comedy? Do you like to act? Join this fun group that produces skits and readings and presents them to area schools and churches. Participants read their parts so memorizing isn't required. This group meets the second and fourth Wednesdays of the month. If interested, drop in during a session to learn more.

PSC Kazoos of the Red Hat Society

Queen Bee: Marie Tucker

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 at 269-375-2104 if you are interested in joining this group.

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.

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Beginning Bridge

Part 1 Bidding

Bids: From Openings to Slams

Wednesday, 2:00 – 4:00 PM

September 23, 30, October 7, 14, 21, 28 (6 weeks)

Fee: \$18 Members/\$20 Non-Members

Instructor: Pat Brown, PSC Member

Part 2 Play of Hand

From 1st Leads to Considering the Odds

Wednesday, 2:00 – 4:00 PM

November 4, 11, 18 (3 weeks)

Fee: \$9 Members/\$11 Non-Members

Instructor: Pat Brown, PSC Member

There is a lot to learn about Bridge, but our goal is to make it easy. You are invited to become involved with a great card game that can be both challenging and rewarding. Registration deadline is Friday, September 18 for Part 1 and Friday, October 30 for Part 2.

Intermediate to Advanced Bridge Class

Friday, October 2 – November 20 (8 weeks)

9:00 AM – 11:00 AM

Fee: \$24/\$34 Non-Members

Instructor: Mike Gay, PSC Member

Learn the intermediate and advanced bridge playing. 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 30.

Drums Alive

Monday and Wednesday, 9:20 – 10:20 AM

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

August 24 – October 12; No class September 7

October 14 – November 30

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

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

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

Instructor: Helene Thompson

September 11 – November 4

November 6 – January 18, 2016

No class November 27, use DVD

December 18, 21, 23, 28, 30

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

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

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

September 25 – November 18

Instructor: Deb Snell

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.



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T'ai Ji

**Tuesday, 8:30 - 9:30 AM,
7 weeks, \$42 Member/\$52 Non-Member**

**Instructor: Ed Kehoe
August 18 - September 29
October 6 - November 24**

No Class November 3

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.

Yoga - St. Catherine of Sienna, Stanley Center

**Tuesday, 1:00 - 2:30 PM,
8 weeks, \$72 Member/\$82 Non-Member**

**Instructor: Christine Peckels
August 11 - October 6**

October 13 - December 8

No class on November 3

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

Zumba®

**Fridays, 9:20 - 10:20 AM
8 Weeks, \$24 Member/\$34 Non-Member**

**Instructor: Helene Thompson
September 11 - October 30
November 6 - January 22, 2016**

No class November 27, December 18, 25 and January 1
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 some attitude.

SilverSneakers Splash - Portage YMCA, 2900 W. Centre Avenue

**Tuesday & Thursday, 11:00 AM - 12:00 PM
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

Reminiscence Writing

**Wednesday, 10:30 AM - 12:00 PM
7 weeks, \$32 Member/\$42 Non-Member**

**Instructor: Wilma Kahn
September 2 - October 14
October 28 - December 9**

Write about reminiscences old and new. Topics include 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.



Love where you live.

Together we can make Kalamazoo County a place where every person is cared for, educated, engaged and empowered. A place where every person can reach full potential. A place where we all love to live.

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World War II Class

Tuesday, October 13, 20, 27
8:30 AM - 10:00 AM

Registration Fee: \$32/\$42 Non-Members

Instructor: Steve Rossio

Have some fun with local historian, Steve Rossio, as he discusses World War II with his usual exuberance and enthusiasm for history. Steve is currently working at the Portage District Library and is well versed in the subject matter. Register at the Reception Desk by Friday, October 9.

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 only \$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

Wednesday, 10:00 AM - 12:00 PM

7 weeks, Members Only - \$24

September 30 - November 11

Instructor, Royce Bland

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.

Sisterhood

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

Group Leader: Barb Lewis

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 the Reception Desk.

Friday, October 9

Time: 1:00 PM

Event: Halloween Trick or Treat - A time to share a joke, a fun tidbit. Treats (wrapped) and costumes are optional

Site: PSC

Hosts: Thelma N., Clara S.

Friday, November 13

Time: 1:00 PM

Event: Lunch at Applebee's

Site: 6675 S. Westnedge

Host: Sandy D.

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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Each office is independently owned and operated. ComForcare Senior Services is an equal opportunity employer.

Know the 10 Signs: Early Detection Matters

Tuesday, November 10, 6:30 PM

Presenter: Erin VanGroningen

Alzheimer's Association

Michigan Great Lakes Chapter

Open to the Public

Cost: Free but a donation of \$10 per person is appreciated.

Know the 10 Warning Signs is an introductory program that provides attendees with an understanding of the difference between age-related memory loss and Alzheimer's. This interactive workshop features video clips of people living with Alzheimer's disease and addresses the ten warning signs and what to do if you observe them in yourself or someone you know. Advance registration is required. Please call 800-272-3900 to register.

Hearing Loss Presentation

Thursday, October 15, 1:00 PM

Presenter: Amelia Schuring, AuD., CCC-A

Doctor of Audiology

The Hearing Center of Kalamazoo - A Connect Hearing Company

These are not your parents hearing aids! Join Doctor of Audiology, Amelia Schuring for an interactive discussion on hearing loss as well as its effects on health and social engagement. Learn about new solutions available! Hearing loss is one of the most common and easily treatable health problems, affecting 1 in 3 adults over age 60. This presentation will also assist in making sense of all those confusing ads for hearing aids and help educate attendees on the hearing aid selection process. Register at the Reception Desk.

Hearing Screenings

3rd Tuesday, October 20 and December 15

9:00 - 11:00 AM

A certified audiologist from the Hearing Center will provide the following services at no charge: hearing screenings, hearing aid cleaning/check, ear-mold re-tubing, and ear-mold impressions. Call the Reception Desk to schedule an appointment (required).

Bronson Programs at PSC

Taking Control: Living with Incontinence

Tuesday, October 20, 6:30 - 7:30 PM

Sponsor: Bronson

Free: Open to Public

Presented by Edward Itawi, MD, of Bronson Colon & Rectal Surgery, and Lita Martin, FNP-C, MSN, of Bronson HealthCare Midwest Continence Center. Don't let the uncertainty of a potential accident prevent you from participating in activities you enjoy. Learn about treatments for bladder and bowel issues and discover self-care options. To register, go to bronsonhealth.com/classes or call (269) 341-7723. If you have questions, call (269) 341-8860.

Healthy Cooking for the Holidays

Tuesday, October 27, 6:30 - 7:30 PM

Sponsor: Bronson

Free: Open to Public

Presented by Diane Delhey, MS, RD, of Bronson Nutrition Services. The holiday season is quickly approaching! Do you need help with meals that are both healthy and pleasing to the entire family? Come learn some heart healthy meal options just in time for the holidays.

To register, go to bronsonhealth.com/classes or call (269) 341-7723. If you have questions, call (269) 341-8860.



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

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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

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MAKING SENSE OF INVESTING

Quarterly Volunteer Orientation

Tuesday, October 13 and December 8, 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 265 volunteers at the PSC? In August alone, 130 active volunteers amassed a total of 833 volunteer hours. If you have a desire to help others, you can start volunteering today! The opportunities are almost limitless. Contact Denita Demler, Volunteer Coordinator, at 329-4553 if interested.

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.



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

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 at no charge. Volunteers in the Kalamazoo area are needed for upcoming fall training sessions in order to sustain this valuable service to the community. All necessary materials, computers, training and support are provided. There are two types of positions: Client Facilitators obtain basic client information and confirm tax documents, and Counselors work with the taxpayer to prepare Federal and State returns for electronic filing. If you enjoy helping people, are 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.

Volunteer Laptop Computer Tutors

Tutors will work with members to introduce them to various software applications and the Internet. Students 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.

Volunteer Help Wanted

Adopt-A-Family Giving Tree Coordinator

This person will set up and decorate the Christmas tree in the lobby of the PSC and coordinate the "Adopt-A-Family" program. Each year, we adopt a family from Portage Community Center (PCC) and our members purchase gifts or gift cards for the adoption. This position requires a one month commitment.

Thanksgiving Food Basket Coordinator

Once a year, we collect food items for the PCC Thanksgiving Baskets for their clients beginning Monday, November 2. This person will organize, check expiration dates on food items and deliver the finished baskets to the PCC. This position would require you to commit to working the program through the month of November.



FREE HEALTH PROGRAMS

Taking Control: Living with Incontinence

TUESDAY, OCT. 20,
6:30 - 7:30 P.M.

Don't let the uncertainty of a potential accident prevent you from participating in activities you enjoy. Learn about self-care, therapy and surgical treatment options for bowel and bladder issues.



Edward Itawi, MD
Bronson Colon & Rectal Surgery



Lita Martin, FNP-C, MSN
Bronson HealthCare Midwest Continence Center

Healthy Cooking for the Holidays

TUESDAY, OCT. 27,
6:30 - 7:30 P.M.

The holiday season is quickly approaching! Do you need help with meals that are both healthy and pleasing to the entire family? Come learn some heart healthy meal options just in time for the holidays.



Diane Delhey, RD
Bronson Advanced Cardiac Healthcare

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.



Welcome New Members between June 16 and August 27

- | | |
|--------------------------|------------------------|
| Jane Phinney | Steve & Frances |
| Patricia Gasaway | Piorkowski |
| Irma Fox | Mary Davis |
| Ernie Schmidt | Beverly Haines |
| Diane Gallagher | Katherine Dailey |
| Toni Hiser | Mary Conklin |
| Mary Malsch | Jim Thornton |
| Darlene Babcock | Rosemary Chapman |
| Nora Evers | Rose Struble |
| JoAnne McCrumb | Sharon Cummings |
| Alyce Abbott | Kelly Olson |
| Linda Thurston | Charlie Baumgarte |
| Anita Latulippe | Virginia Wester |
| Leona Giordano | Margarete Kelley |
| Marcia Morris | Robert & Denise Ferrin |
| Geanette Dawley | Virendra Sood |
| Michael & Diane Goetz | Louis White |
| Margaret McClish | Mary Dannis |
| Rosanne Kolassa | Margaret Miller |
| Charles & Pamela Sherman | Lois Stahl |
| Sylvia Asher | Joyce Beeke |
| Catherine DeVet | Suzi Parker |
| Art Klemchuk | Kathy Sinclair |
| Horst Jendralski | |
| Rose Dame | |

The following donations were received between June 17 and August 25

Art and Betty Roberts, *in memory of Rachel Drafta*
Desdamona Hale, Chet and Jo Arnold, and the PSC Bridge Club *in memory of Bea Butler*
Rev. Monifa Jumanne *in memory of Mable McLamore*

Annual Fund Drive Donors
Dar Brown Mary Prange
Marie Kozar Lynda Rowley Sonia Howard

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.

Fall Trip Preview:

October 26 at 1:30 PM

Sign up now for the Fall Trip Preview and find out about new, unique and exciting tours! Bring your cash and checkbooks to sign up. Travel bucks will again be valid for the entire preview week and expire Friday, October 30. Call 329-4555 to save your seat.

Special Trip Previews:

Call 329-4555 to save your seat.

Alaska Discovery Lane & Cruise: Thursday, November 12, 2:00 – 3:00 PM.

Discover Croatia, Slovenia & the Adriatic Coast: Thursday, November 12, 3:00 – 4:00 PM.



Fun 2015 Day-Trip Outings!

MYSTERY TRIP II

Thursday, October 15

Our destination will not be revealed until the day of the trip, so come along and help us unravel the details of the destination. Includes lunch. Sign up soon so you won't miss out on this "mini" color tour vacation! \$80 Member, \$90 Non-Member.

CHARLEY PRIDE . . . Auditorium Theatre, Shippshewana, Indiana

Saturday, October 24

Pride is known as the first African-American superstar in country music and is revered by his musical peers and

adored by countless millions of fans around the globe. His golden baritone voice has spanned generations. He is an internationally known artist who has 36 Number One 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 new 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. In this play, veterans Bob Wallace and Phil Davis have 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 happens to be owned by Bob and Phil's former army commander. Includes lunch. \$118 Member, \$128 Non-Member.

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. They specialize in blending over 20 instruments with vocal harmony and humor. Lunch included. A choice of two additional stops will be offered – Birch Run Outlet Mall or Bronner's Christmas Wonderland. Member \$110, \$120 Non-Member.

TEXAS TENORS . . . Auditorium Theatre, Shippshewana, 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.

Living your life at home

Private Duty Home Care

- Alzheimer's & Dementia Care
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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, a 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. Great seats. \$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 Christmas 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.

NEW YEAR'S EVE ON THE RIVER . . .

Covington, Ohio

December 30, 2015 – January 1, 2016

Join us for a New Year's Eve Celebration aboard the River Queen on the Ohio River in Covington, Kentucky as we bring in the New Year with food, drink and music! This boat is enclosed, heated, and reserved exclusively for our group. Many more tour inclusions. Price starts at \$499 (double). Sponsored by Ed & Ted's Excellent Adventures.

Extended Trips – 2016 Fun Get-Aways

BILOXI & NEW ORLEANS . . . Louisiana

April 2 – 11, 2016

Ed & Ted's Excellent Adventures is heading south to enjoy sights in Biloxi and New Orleans. Your Adventure features the French Quarter Festival and also includes many fun activities such as a shrimp boat tour (with shrimp boil dinner), a jazz brunch cruise, a demonstration and dinner at the New Orleans School of Cooking, Mardi Gras World tour, Oak Alley Plantation tour, Elvis Presley's Graceland, Auto Museum and much more! Price starts at \$1,999 (double).

KENTUCKY DERBY . . . Louisville, Kentucky

May 5 – 8, 2016

Join us as we head to Louisville, Kentucky for the 142nd running of the Kentucky Derby. The "Run for the Roses" is the most exciting two minutes in sports. We'll be there with reserved seats in the grandstands, so bring your big hats, have a mint julep and enjoy a spectacular day at Churchill Downs for the Grand Daddy of them all! Many more tour inclusions. Price starts at \$1,599 (double). Sponsored by Ed & Ted's Excellent Adventures.



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.

TULIP TIME RIVER CRUISE . . . HOLLAND & BELGIUM

April 18 – 26, 2016

Discover picturesque Holland and Belgium on this marvelous eight day river cruise vacation! Drink in the colorful, vibrantly blooming beauty of famous Keukenhof 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.

Walkers with Walkers

Tuesdays and Thursdays, 9:30 AM

Group Leader: Penny Newhouse

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.

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.

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 quick, safe vaccination administered by licensed nurses from Borgess Hospital. They will be offering the regular flu, high dose (for those 65 and older), flu mist nasal spray (for ages 2-49) and pneumonia vaccine. All insurance payers for all ages, cash, check and Visa/MasterCard will be accepted. No registration required.

Stay Independent - Prevent Memory Loss

2nd Thursday of every month

1:00 - 2:30 PM

Session 1: October 8

Session 2: November 12

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

Instructor: Suzanne Gernaat

A strong prevention program can 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

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.

Ten Tips to Help Reduce the Risk of Becoming the Next Victim of Financial Elder Abuse

Provided by The Kalamazoo County Elder Abuse Prevention Coalition and the Region IIIA Area Agency on Aging

- 1) Choose a caregiver carefully - consult the Area Agency on Aging, IIIA for a list of helpful tips (269-373-5173).
- 2) Keep an inventory of all valuables. Jewelry is the number one item that is stolen from elders' homes. It is wise to keep your jewelry in a locked drawer. Photos of rare, valuable, or sentimental items should be kept in a separate location (this is very helpful if items come up missing).
- 3) Prevent Identity Theft! Every piece of mail containing your name, address and other identifying information should be shredded before being discarded. The most effective type of shredder is the criss-cross cut shredder. Even envelopes with your name and address should be shredded. Never throw away old checkbooks from closed accounts or bank credit card application form. There is no danger in over shredding.
- 4) Protect your incoming and outgoing mail by not allowing incoming mail to sit in a n unsecured mailbox where the public has access to it. Similarly, never leave outgoing mail in an unsecured mailbox with the red flag raised as this simply provides an easy alert to potential thieves.
- 5) Protect yourself further by obtaining a credit search on yourself. The only way to have peace of mind is to obtain a credit search on yourself periodically from on of the three major credit bureaus—Experian, Equifax and Trans Union. This will enable you to discover whether someone has applied for or obtained a credit card in your name.

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.

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.



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



CENTRA CARE
Program of All-Inclusive Care for the Elderly (PACE)

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 and Eastern Van Buren 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

