

Portage Senior Center Newsletter

Aug/Sept 2016



ART U at the Portage District Library

**Saturday, August 13
11:00 AM – 3:00 PM**
Portage District Library has a long history of connecting patrons with art, and in past summers have been presenting Art Encounters. This year, because art is all about how it touches the observer, they are presenting Art U. Portage District Library and the PSC will be hosting demonstrations, crafts, and workshops for all ages. This event will close with a PSC hosted ice cream social from 1:00 – 2:30 PM and a performance by the PSC Band from 1:00 – 2:00 PM. No registration required.

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Salute to Summer BBQ Lunch

Thursday, August 18

11:30 AM Entertainment

11:45 AM Lunch

\$5 Lunch Reservation

Summer weather have you dreaming about traditional

summer culinary fare? Chef Roger of MediLodge will visit us to cater a summer BBQ lunch. Banjo entertainment provided by

Chris Barnes. Registration deadline is 10:00 AM on Monday, August 15.

Casino Trip

**Four Winds Casino,
New Buffalo**

Tuesday, September 20

Back by popular demand! Try your luck at Four Winds Casino in New Buffalo. Your reservation includes comfortable motor coach transportation, \$15 in slot play and a \$10 food voucher. Let someone else do the driving while you enjoy some bonus

games and prizes along the way. Depart from Harding's Marketplace in Portage at 8:30AM. Depart Four Winds Casino at 3:00PM, with an approximate return time of 4:00PM. Trips must be paid in full at time of registration. Please register at the Reception Desk. IMPORTANT - Due to casino requirements,

please be prepared to provide full legal names and birthdates for all registered individuals. If you have a "W Card" from Four Winds Casino, please let us know that as well. Please note there will be no refunds given 15 days prior to the trip. \$25 Members, \$35 Non-Members.



2nd Annual PSC 9-Hole Golf Scramble

Thursday, September 15

8:30 AM Registration

9:00 AM Shotgun start

**States Golf Course,
Vicksburg**

Not ready for the golf season to end? Join us for this much anticipated PSC Scramble. \$35 per golfer, \$140 per foursome (includes lunch and 9 holes

with cart). Registration forms can be picked up either at PSC or States Golf Course during the Thursday social golf league. Team registration forms are due no later than noon on Thursday, September 8. Registration fee includes golf, cart, prizes and a luncheon.

PSC Recommended for National Accreditation for Fourth Time

You may have noticed the logo at the bottom of the page that read "Accredited by National Institute of Senior Centers." What does this mean? Twenty years ago, the Portage Senior Center was the first Center in the State of Michigan to become nationally accredited. In order to continue as an accredited institution, the process must be repeated every five years. The National Senior Center Accreditation Program was developed by the National Institute of Senior Centers (NISC) to advance the quality of senior centers nationwide. Accreditation provides official recognition that a senior center meets the highest standards for programs and operations. A prospective Senior Center must be able to demonstrate an established history of best practices, quality programs and exemplary service delivery to qualify. You can be proud that

the PSC received high marks in every area that was evaluated. The accreditation process also includes a review of the Center by experts from other senior centers. As a result, we receive recommendations on how we can continue to improve our programs and services. Their feedback will help us develop a long-term strategic plan for the future of the PSC.

Staff, volunteers and community members all worked together to review the PSC against the national standards, and develop reports on each of those standards. A big thank you goes out to everyone that was a part of this important process. We are proud to be the only Center in the State of Michigan to achieve Accreditation four consecutive times!

~ Kim Phillips, PSC Manager

Celebrating National Senior Center Month

Monday, September 19

1:00 - 3:00 PM

Open to the Public

The PSC is hosting a National Senior Center Month celebration. This event will include refreshments, entertainment

and an opportunity for the PSC to be recognized. More details will be available as plans develop. Make a note on your calendar to come and enjoy this special day as we celebrate how special the PSC is.

Flu + You!

PSC Participates in First-Ever Flu Shot Challenge

Influenza can be severe and even life-threatening for older adults. The immune system weakens with age, making it harder to fight disease and as a result, adults 65 years of age and older are more likely to catch the flu and experience complications. Vaccination is the best way to help protect yourself and others from the flu.

As part of a national "Flu + You" education program, the PSC is participating in a national "Flu Shot Challenge" to increase Influenza awareness and encourage immunizations.

We will be asking PSC members to let us know when they get their flu shots beginning on September 1, 2016. Whether you get the shot at a PSC flu shot clinic, or with your own doctor, we want to know! This information will get compiled into a report used to enter the PSC into a contest between Senior Centers for the highest percentage of reported flu shots in hopes of winning funds to support PSC programs.

More information will be available in late August. We hope everyone will participate!

Advisory Board

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 Denita Demler

Receptionists
 Morning: Judy Grey
 Afternoon: Dawn Shilts

Intern: Greta Jenkins



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>

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.

Accredited by 
 National Institute of Senior Centers

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

A Blast from the Past!

Thursday, October 6, 1:30 PM

Presenter: Steve Ellis

Spark magazine Publisher, Steve Ellis, will present a lively pictorial history of some of our favorite places from days gone by: Drive-In movie theatres, restaurants, stores, bowling alleys and much more. Register at the Reception Desk.

Coloring and Conversation

Wednesdays, (1st 3rd & 5th) 1:00 - 2:00 PM

August and September

Who knew coloring could keep your brain alert? Coloring can trigger the logical side of your brain and generate a more creative mindset. This hour long session of relaxed creativity includes coffee and tea. Coloring books and coloring utensils will be provided, but feel free to bring your own. Register at the Reception Desk.

Grocery Bingo

Monday, August 15, 1:15 PM

Free to members (\$5 non-members) Absolute HomeCare and Medical Staffing returns to host this popular event. Enjoy a variety of games, grocery prizes, and witty commentary. Register at the Reception Desk by noon on Friday, August 12.

Annual Holiday Bake Sale & Bazaar

Saturday, November 5

9:00 AM - 2:00 PM

Open to the public

Mark your calendars for the PSC Annual Holiday Bake Sale and Bazaar which will have seasonal crafts, delicious homemade baked goods and soup from the PSC Soup Café. Admission is free and does not require advance registration. Table rental forms will be available beginning Tuesday, September 6. All proceeds from the event support PSC programs and services.

Coffee with a Cop

Thursday, September 29, 1:30 PM

Portage Department of Public Safety

Open to the public

Come join us for a beverage and the opportunity to speak with City of Portage Department of Public Safety. They will be available to answer questions in an informal friendly gathering about their roles in serving the citizens of Portage. Protect yourself! Learn the current scams (phone and internet) affecting our community. This is your chance to quench your thirst and your curiosity with the professionals who have the inside knowledge. Register at the Reception Desk.



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Heritage Dinner Series

3rd Tuesday, 5:00 PM – 6:30 PM

August 16: BBQ Pork Ribs, entertainment provided by Arturo Ziraldo (violin) and Lillian Pettitt (cello)
September 20: Classical Swiss Steak, entertainment provided by Cori Somers (violin) and Frank Silva (clarinet/sax)
Open to the Public

Plan to join us for these popular evening meals. 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 \$10.00 and include a main entrée, sides, dessert and beverage.

New Member Meet & Eat

Thursday, September 8
9:00 – 10:30 AM
FREE

If you have recently joined Portage Senior Center or are interested in more information on what PSC has to offer, then the PSC Meet & Eat is for you! We’d like to get to know you better and introduce you to the Center and the variety of programs and events that are planned throughout the year. Register at the Reception Desk.

TED Talks

Thursday, August 18 and September 22
1:00 – 2:00 PM
FREE

TED Talks can be about any topic in the world with reliable information from trustworthy speakers. Each month will feature 30 minutes of video presentations on a chosen topic, followed by discussion. The length of these videos are balanced between providing information while avoiding information overload. Register at the Reception Desk.

August: *The Dance of the Dung Beetle*
The Magnificence of Spider Silk
September: *Unseen Footage, Untamed Nature*
Tales of Ice-Bound Wonderlands

The Library Ladies of Kalamazoo: Their Home and History

Book Presentation
Friday, September 16, 10:30 AM
Presenter: Vanita Aloisio

The authors of a new book *The Library Ladies of Kalamazoo: Their Home and History* invite you to learn the fascinating history of the Ladies’ Library building at 333 South Park Street in Kalamazoo. Meet the authors and learn how they collaborated to create a beautifully designed pictorial guide of the oldest women’s club in Michigan and the third oldest in the nation. Learn about the trials and triumphs that charter members encountered as women of the 19th century, and how the organization and its building have remained a vibrant landmark in the community for over 160 years. Register at the Reception Desk.

Thursday Lunch

11:45 AM
\$5 lunch registration

Lunch is prepared by MediLodge of Portage (Chef Roger). A lunch menu is posted on our bulletin board in the PSC Lobby. Enjoy lunch while you get to know fellow PSC members. Registration deadline is 10:00 AM Wednesday the day before lunch. Special event lunches may require advance registration and payment.



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Pickleball Clinics

Ramona Park

Tuesday, August 9, 5:30 – 7:30 PM

Tuesday, September 13, 5:30 – 7:30 PM

Instructors: Jim & Yvonne Hackenberg, Pickleball National Champions

Free and Open to the Public

Join us at Ramona Park to learn more about Pickleball! These free clinics are geared to people who want to learn about pickleball, or are new to the game and want to learn about key fundamentals to winning pickleball.

The clinic will cover:

- Rules of the game
- Demonstrations of serving, returning serve, and shots
- Player positioning and movement
- Teamwork and team dynamics

Instructors will demonstrate a variety of drills that participants can use to improve their game. In addition, Jim and Yvonne will answer questions from the participants pertaining to any aspect of the game, including rules interpretation.

Interested in playing with others? There is Pickleball Open Play at Ramona Park every Friday from 4 PM until dark. All skill levels welcome!

Let's Play Some Cards

If you like playing cards, PSC has a wonderful assortment of card groups that are looking for new members and are hoping you will show up and join in the fun. You will be welcomed into a warm and relaxed environment...at almost any level of expertise. From the selection below you can pick or choose the type of game that fits your pleasure.

Monday:	Relaxed Pace Bridge	9:30 – 11:30 AM
	Cribbage	1:30 PM
	Canasta	1:00 PM
Tuesday:	Bridge (advanced level)	12:30 PM
	Just for Fun Poker	6:00 PM
	Bid Euchre	6:30 PM
Wednesday:	Relaxed Pace Bridge	9:30 – 11:30 AM
	Euchre	1:45 – 4:45 PM
Thursday:	Pinochle Single Deck	1:00 PM
Friday:	Pinochle Double Deck	1:00 PM
	(1st, 3rd, 5th)	
	Bridge (advanced level)	1:00 PM

Check with the Reception Desk for room location and more information.

Teen Tech Tuesday

Tuesday, August 9 and September 13
3:30 – 4:30 PM

Do you need some help getting back on the technology track? Want to learn how to text? Can't figure out how to download an app onto your tablet? Did you open something only to find it attached to your device like an electronic leach? There is help! An eager teen volunteer will be available in the PSC lobby to assist you with your electronic device. Appointments are not required, but it is helpful if you call 329-4555 and let the receptionist know you are coming to talk with a PSC Teen Tech.

Art Open Session

Mondays, 1:00 - 3:00 PM (ongoing)

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.



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Band Schedule

AUG	DAY	TIME	LOCATION/ADDRESS
2	Tues	6:00	Milwood Night Out Greenwood Reformed Church 1815 Winton Ave., Kalamazoo
8	Mon	12:00	Kalamazoo County Fair 1900 Lake Street, Kalamazoo
13	Sat	1:00	Art U Portage District Library
16	Tues	2:30	Oakland Centre Adult Day Care 2255 W. Centre, Portage
23	Tues	3:00	Brookdale Assisted Living 3100 Old Centre, Portage
30	Tues	2:30	Hope Woods 5749 Stadium Drive, Kalamazoo
SEP	DAY	TIME	LOCATION/ADDRESS
6	Tues	3:00	Rehearsal, 320 Library Lane
13	Tues	2:30	Centre Meadows Apartments 1503 E. Centre Ave., Portage
20	Tues	2:30	Sojourner Place 5364 Green Meadow Road Kalamazoo
27	Tues	2:30	Park Village Pines 2920 Crystal Lane, Kalamazoo

Big Screen Movie

Monday, August 8, 1:15 PM
Hawaii, America's Paradise

Explore the natural beauty of Hawaii, or as Mark Twain called it, "a string of tropical islands floating in just the right place." Don Van Polen will take us to five main islands. We'll experience everything from towering volcanic peaks looming over fields of sugar cane and pineapple, to warm blue seas with enormous surfs. Not rated. Partially closed-captioned, 62 minutes. View the movie for free. 50 cents for popcorn.

Big Screen Movie

Monday, September 12, 1:15 PM
A Son's Promise

A Son's Promise is the touching true story of an iron-willed Georgia boy who accepts the burden of a man and parenthood on his young shoulders after he and his six brothers find themselves parentless. Can this 15-year-old keep his word to his dying mother? Starring Ricky Schroder. Not rated or closed-captioned. 97 minutes. View the movie for free. 50 cents for popcorn.

Book Club

2nd Monday, 10:00 - 11:00 AM
Group Leader: Ann Perkins

September: *The Lake House* by Kate Morton

October: *The Girl Who Wrote in Silk* by Kelli Estes

November: *Boys in the Boat* by Daniel James Brown

December: *The Rainbow Comes and Goes* by Anderson Cooper and Gloria Vanderbilt

January: *Ordinary Grace* by William Krueger

This group meets to discuss a book that they have read and express their opinions, likes, dislikes, etc. The book club will not meet in August. Check the bulletin board under "Programs and Activities" for more information.

Free Estate Planning Workshop

Learn how to:

- Protect your assets for your spouse and kids
- Access the care you need
- Avoid nursing home poverty
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Bike Club

Wednesdays (ongoing)

Group Leader: Bob Strader

The 2016 Bike Club season is May 6 through October 14 with 8:30 AM start time in June, July, August and 9:00 AM start time in May, September and October. Membership is a requirement for this club, and members must provide their own bike and helmets (mandatory). The bike schedule is available at PSC or on the PSC website.

Choir

Thursday, 9:30 AM

Group Leader: Marilyn McKinley

The PSC Choir is looking for people who enjoy singing. There is no audition or requirement to have a great voice. The choir performs at retirement communities, PSC activities, and other community events. Choir will resume on Thursday, September 8.

Community Service Van (CSV)

Transportation to PSC and Grocery Shopping

The PSC CSV transportation program is available to all Portage residents 50 years of age and older. 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 on Tuesday, 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.

Garden Pals

Group Leader: Joyce Tuinier

This group maintain and improve our 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. Participants keep in touch with one another, and work in the gardens when time permits, often alone, but sometimes as a group. Activities include a coffee chat or bag lunch gathering in the garden area during the warm months. Monthly, the group meets on the 2nd and 4th Monday at 10:30 AM at the Center to discuss and/or go over plans and projects.

Dining Out Club

Group Leaders: 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.

August

Dinner

Monday, August 1
5:00 PM
Applebee's
6675 S. Westnedge, Portage

Breakfast

Tuesday, August 9
8:30 AM
Antique Kitchen
6215 S. Westnedge, Portage

Lunch

Thursday, August 18
11:30 AM
Old Mill Brewpub & Grill
717 E. Bridge St., Plainwell

September

Dinner

Tuesday, September 6
5:00 PM
Blue Dolphin
502 S. Burdick St.
Kalamazoo

Breakfast

Tuesday, September 13
8:30 AM
Uncle Ernie's
4005 Portage Street
Kalamazoo

Lunch

Thursday, September 15
11:30 AM
Joy Fong
8136 Portage Road
Portage

Hand Chimes

Thursday, 1:00 PM (ongoing)

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.

iPad Discussion Group

Tuesday, September 20, 10:00 AM

Group Leader: Larry Smith

This discussion group will include questions and answers on using the iPad and demonstrations. You may bring your iPad. Register at the Reception Desk.

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CLASSES

All fees listed as member/non-member unless otherwise noted. Class schedules are subject to change due to weather conditions and/or instructor changes. For more information on the classes or class schedules, please call 329-4555. Portage Senior Center accepts cash or checks for payment.

Body Rebound (ongoing)

Monday-Wednesday-Friday, 10:30 - 11:30 AM
8 weeks, \$42 member/\$52 non-member
August 12 - October 7

Instructor: Helene Thompson

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.

Drums Alive (ongoing)

Monday and Wednesday, 9:20 - 10:20 AM
7 weeks, \$42 member/\$52 non-member
October 3 - November 16

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. Minimum participants: 7

Enhance Fitness (ongoing)

Monday-Wednesday-Friday, 8:10 - 9:10 AM
8 weeks, \$42 member/\$52 non-member
June 15 - August 10

No class July 4

August 12 - October 7

No class September 5 Labor Day

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.

T'ai Ji (ongoing)

Tuesday, 8:30 - 9:30 AM
7 weeks, \$42 member/\$52 non-member
June 5 to August 23
No class August 2
August 30 - October 11

Instructor: Ed Kehoe

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 (ongoing)

Tuesday, 1:00 - 2:30 PM
8 weeks, \$72 member/\$82 non-member
July 19 - September 6
September 13 - November 1

St. Catherine of Siena, Stanley Center

1150 W. Centre Ave.

Instructor: Christine Peckels

Interested in living a more rewarding life? This very gentle introduction to Yoga welcomes you to explore limitations of your body, mind and spirit (and yes, we all have them). Then move beyond those blockages to a greater understanding of how to embrace your own body

Classes continued on page 9



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Classes, from page 8

rhythms. We practice breathing techniques, stretching, balance and stability poses. Gentle movements increase your functional wellbeing like peacefulness, life purpose, self-reliance and gratitude. Yoga can also help minimize severity of physical symptoms such as; sleep disturbance, pain, and an inability to concentrate. Any age is the perfect time to begin Yoga and is something you can do for the rest of your life. Come see for yourself. Participants are asked to bring an exercise mat. Maximum participants: 15

Zumba® (ongoing)

Fridays, 9:20 – 10:20 AM

8 Weeks, \$24 member/\$34 non-member

August 19 – October 7

Instructor: Helene Thompson

In this ZUMBA® class, you will experience a party-like atmosphere and spend the entire hour moving, laughing and smiling. This class is designed for beginners and uses easy-to-follow movements that help students become familiar with the footwork and feel confident. The Zumba philosophy is “ditch the workout – join the party!” Wear comfortable clothes and 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 little bit of attitude.

SilverSneakers Splash (ongoing)

Tuesday & Thursday, 11:00 AM – 12:00 PM

Fall 1: September 6 – October 20

Fall 2: October 25 – December 15

\$68 PSC members only

Portage YMCA, 2900 W. Centre Avenue

This is an aquatics-based exercise program designed to help build strength and increase range of motion. 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 (269) 324-9622 for more information.

OTHER CLASSES

AARP Smart Driver Program

Thursday, August 4, 9:00 AM – 4:00 PM

Second Course to Be Offered:

Thursday, September 22, 9:00 AM – 4:00 PM

Fee: \$15 AARP member/\$20 non-member AARP

Instructor: Richard Baker

This is a refresher course developed for older drivers. The course includes Driving Safety Strategies; State

Classes continued on page 13

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LEADER

Patrick J. Quinn, R.Ph. &
 Derek J. Quinn, Pharm.D., R.Ph.
 Your Pharmacists

Classes from page 9

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

Beginning Bridge

Part 1 Bidding

Bids: From Openings to Slams

Wednesday, 2:00 – 4:00 PM

September 21 – November 2 (6 weeks)

No class October 5

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 9 – November 23 (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 Monday, September 19 for Part 1 and Monday, November 7 for Part 2.

Intermediate to Advanced Bridge Class

Friday, October 7 – December 9 (8 weeks)

No class November 4

9:00 AM – 11:00 AM

Fee: \$24 members/\$34 non-members

Instructor: Mike Gay, PSC member

Learn intermediate and advanced bridge playing. This class is a great opportunity to improve your skills, enjoy the game and re-familiarize yourself with the playing rules. Register by Wednesday, October 5.

Reminiscence Writing (ongoing)

Wednesday, 10:30 AM - 12:00 PM

7 weeks, \$32 member/\$42 non-member

September 7 – October 19

November 2 – December 14

Instructor: Wilma Kahn

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 members' work.

Classes continued on back page



Sally Grushon died in 2006.

Today she's helping Kalamazoo area kids get ready for kindergarten.

Sally loved this community and was a champion for its children. In 1978 she helped start Hilltop Preschool at Zion Lutheran Church, which has been helping Kalamazoo area kids get ready for kindergarten ever since. When she died, her family created The Sally E. Grushon Endowment for Hilltop Preschool. It honors her legacy and provides scholarships to help families cover the cost of quality pre-kindergarten education. We can help you show your love for our community and create a legacy too. Call 269.381.4416 or visit www.kalfound.org to learn how.



equity | education

A Matter of Balance Class

Wednesdays, 1:30 – 3:30 PM
8 weeks, September 7 – October 26
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. 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.

Which Immunizations Are Right for You?

Tuesday, September 13, 6:30 – 7:30 PM
Presenter: Todd Super, PharmD
Free and open to public

Do you know which immunizations you should be getting? Come learn more about the importance of vaccines and get a brief overview of what is available. The presenter is clinical pharmacist Todd Super, PharmD, from the Bronson Heart Failure Clinic. To register for this program, call (269) 341-7723 or go to bronsonhealth.com/classes. If you have questions, call (269) 341-8860.

Stay Independent - Prevent Memory Loss

2nd Thursday of every month
1:00 - 2:30 PM
Session 1: August 11
Session 2: September 8
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.

Blood Pressure Clinic

2nd Thursday, 9:00 – 11:30 AM

Once a month, we offer a free blood pressure clinic. All are welcome; no appointment is necessary.

Could You Have Vein Disease & Not Know It?

Tuesday, September 27, 6:30 – 7:30 PM
Presenter: Sarat Vaddineni, MD
Free and open to public

Did you know that vein disease affects around 30 million Americans? If you are one of them, the longer you wait, the more you may be putting yourself at risk for potentially life-threatening complications. The presenter for this program is vascular surgeon Sarat Vaddineni, MD, from Bronson Cardiothoracic, Vascular & Endovascular Specialists. To register for this program, call (269) 341-7723 or go to bronsonhealth.com/classes. If you have questions, call (269) 341-8860.

Flu Vaccine Clinic by Borgess Hospital

Friday, September 23, 2:00 – 4:00 PM

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. This clinic will offer the regular flu vaccine, the flu mist nasal spray (for ages 2-49) and pneumonia vaccine. Borgess will accept ALL insurance payers for all ages and also accept, cash, check and visa/mastercard. No registration required.

Hearing Screenings

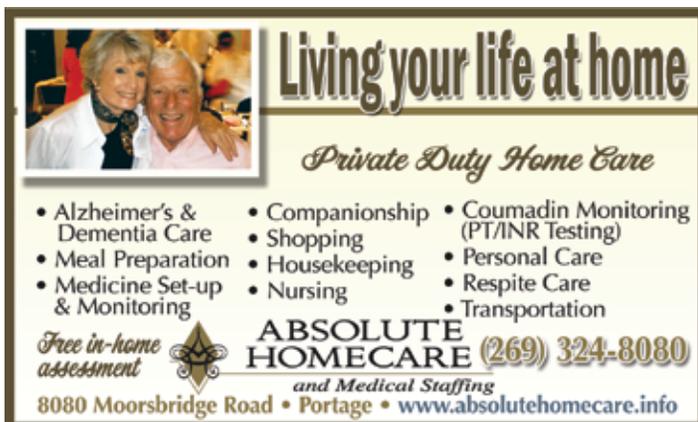
3rd Tuesday, August 16
9:00 - 11:00 AM

A certified audiologist from The Hearing Center of Kalamazoo – A Connect Hearing Company 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).

Massage Therapy

1st and 3rd Monday
12:30 - 4:45 PM
No appointments in August
Resumes in September

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 with Susan at (269) 377-9571.



Living your life at home

Private Duty Home Care

- Alzheimer's & Dementia Care
- Meal Preparation
- Medicine Set-up & Monitoring
- Companionship
- Shopping
- Housekeeping
- Nursing
- Coumadin Monitoring (PT/INR Testing)
- Personal Care
- Respite Care
- Transportation

Free in-home assessment

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and Medical Staffing

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PSC Volunteers

Did you know...we currently have 248 volunteers at the PSC? As of May 31, 172 active volunteers amassed a total of 2,238 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 Orientation

Tuesday, August 9, 10:00 AM

Are you wondering what volunteering at the PSC is like? This 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 Volunteer Orientation, an account for volunteering will be activated in MSC. Register at the Reception Desk.

Treats for the Coffee Bar

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

Intergenerational Programs

Pen Pals and Partners

The 2015-2016 school year was another great success for the Pen Pals and Partners programs! 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 at PSC and a Meet Your Pen Pal party at Angling Road Elementary. This was an excellent opportunity for members to volunteer with these two intergenerational programs.

- The Pen Pal program corresponds monthly with the third grade students from Rhonda VanderVeen's class at Angling Road Elementary.
- The Partner's program meets with Sheila Clothier's fourth grade students once a month at Portage Central Elementary.

Intergenerational Coordinator for both programs is Zoe Miller. If you are interested in participating in either of these programs for the 2016-2017 school year, please contact the Volunteer Coordinator to get your name on the list. These two programs will begin in October.

Volunteer Opportunities

Holiday Bazaar Bake Sale Bakers

Donate assorted homemade baked goods, such as 2-3 dozen cookies, cupcakes, breads (small and regular size), candies, pies, brownies and party mix. The sky's the limit! Items will be delivered to the PSC prior to the bake sale for packaging and pricing. Call the Volunteer Coordinator and add your name and the item to be baked and donated.

Holiday Bazaar Tables Setup and Tear Down

Setup the 6' tables in the Multi-Purpose Room on Friday, November 4, beginning at 1:00 PM. This should take less than one hour. Tear down will be on Saturday, November 5, after the 2:00 PM end time and take less than one hour. Call the Volunteer Coordinator.

Volunteer Van Drivers

Volunteer drivers are needed to transport patrons in our PSC 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 Thursday, October 13, 2016. Contact the Volunteer Coordinator for more information on this position.

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Many Thanks to the Following Generous Supporters:

Thank you for donations of colored pencils and coloring books from the following:

Sue Monks Pat Gherardi
Doris Maronek Harriet Smith

Many Thanks to the Following Generous Donors between April 29 and June 23, 2016

Heather Hampton, *in honor of her mother, Mary Lou Petruccio*
Phyllis Barents
Bijoy & Janet Bhuyan
Harry & Mary Kaye Bird
Mary Bowman
Elaine Brown
Ophelia Bryant
Beverly Buel
Mary Bunce
Thelma Burrell
Maggie & Eloy Cantu
Jim & Judy Coleman
Ethel Dahms
Sharon Dickey
Kenneth & Arlene Duemler
Iola Dunsmore
Josephine Elliott
Robert Ferguson
Karin Forsblad
Gaydene Gipson
Henry & Trudi Girr
Dorothy Graham
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Ruth Tydeman
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Mary Ann Wannamaker
Iola Weaver
Elizabeth Wesoloski
George & Pamela Williams
Carl & Helen Wise
Jacqueline Wnuk
Jackie Wylie
Marie Zerweck *in honor of Carolyn Selby*
Paul & Cathy Mejia *in honor of Dee Demler*
Harold & Shirley Ray *in honor of Ralph & Shirley McKinney*
Patricia Goff,
Denita Demler and
Maxine Robb *in memory of Barb VandeWerken*
Thomas Simon *in memory of Helen Simon*
Jeannette Valkner *in memory of Carl L Valkner*
Vincent Mizeur *in memory of Kathy Mizeur*
Dick Beardsley *in memory of Laurie Beardsley*
Art Nemitz *in memory of Linda Nemitz*
Carla Flasch, Grace Flora,
William Hoffman, James Hoppe, Nancy Laugeman,
Randie Loughmiller,
Mary Sloniker, Sue Snow,
Sara Stevens, Helen Tubbs, PSC Card Playing
Friends *in memory of Roger Latvala*
Dee Paul *in memory of W.J. Paul, III*
Portage Women's Club

Welcome New Members

Christy Chuang-Stein
Rebecca Cornwell
Marie Duke
John Fisher
Jacqueline Fletcher
Susan Fluri
Tom Foley
Robert Gillespie
Laurel Hopsicker
Mary Ann Keane
Neoma Kilway
Kathy Kirk
Carol Kirlin
Christine Lemons
Linda Lohn
Joan Lynch
Shirley Materi
Judith Maxwell
Carolyn McClure
Dennis McClure

Katherine McLain
Lucretia Meeth
Jacqueline Minor
Kathleen Nederhoed
LouAnne Orton
Lois Plaver
Edward Robinson
Mary Robinson
Helen Salisbury
Martha Shugars
Abigail Smith
Carol Somsel
Joan Stommen
Catherine Taylor
Judith Tischbein
Kay Tomas
George Williams
Pamela Williams
Alan Woodhams
Susan Wright

Understand Your Medicare Options

Friday, September 23, 10:00 AM

Presenter: Angels Care Home Health

If you are new to Medicare or even if you have been on Medicare a while, you may find it difficult to figure out what all the plans mean and what the best options are for your evolving health care needs and financial situation. This presentation will introduce you to the basics of the different coverages and give you some pointers on how to choose the best options for you. Register at the Reception Desk by Wednesday, September 21.

Walkers with Walkers

Tuesday and Thursday, 9:30 AM (ongoing)

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.

Wii Bowling Open Play

Tuesday, 9:45 - 11:30 AM (ongoing)

Group Leader: Sharon Dickey

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 and encourages a 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.

Fun 2016 Day-Trip Outings

Tuesday, August 9, 2016

Comerica Park Tour

This tour of Detroit's Comerica Park will include the Visitor's Clubhouse, Tiger's Dugout, The Ernie Harwell Media Center (Press Box), Champions Club, and Decade Monuments/Statues around the ballpark.

Member: \$84

Non-Member: \$94

Saturday, August 13, 2016

Murder Mystery Train . . . Charlotte, MI

The Old Road Murder Mystery Dinner Train is a popular show. Fine dining with a hilarious table-side murder mystery featuring a **SOLD OUT** and a rotating schedule of shows throughout the year. Be prepared to be part of the show in the intimate setting and WATCH OUT! You might even be the unfortunate soul who gets to be the VICTIM of their devious plot!

Member: \$124

Non-Member: \$134

Friday, September 2, 2016

Das Dutchman Essenhaus . . . Middlebury, IN

Travel to the heart of Amish country, close to Shipshewana, join us in discovering Indiana's largest family restaurant where family-style buffet and menu dining options are each prepared using authentic family recipes for heaping platters of crispy chicken, bowls brimming with traditional favorites and 30 irresistible varieties of pie. Enjoy A Bench In The Sun, a play about friendships at Heritage Hall Theatre, included.

Member: \$75

Non-Member: \$85

Saturday, September 17, 2016

Texas Tenors . . . Auditorium Theatre, Shipshewana, IN

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).

Member: \$106

Non-Member: \$116

Intergenerational

Sunday, September 25, 2016

Comerica Park . . . Detroit

Detroit Tigers Vs Kansas City Royals ... Detroit

Member: \$92

Non-Member: \$102

Wednesday, October 5, 2016

Fall Fun Mystery . . . Destination Unknown

This trip will feature some tasty treats, some very interesting life stories and maybe a little music if we ask for it! Lunch will **SOLD OUT** will have some great stories to tell when we get home, so reserve your seat now for this Fall Mystery Trip.

A 12 hour day, but well worth it!

Member: \$76

Non-Member: \$86

Extended Trips - 2016

September 7-10, 2016

Tall Ships 2016 . . . Erie, PA

After three years' absence, join us in welcoming back the Tall Ships to Erie, PA. The lovely Sheraton Erie Bayfront hotel is our host hotel for this grand event, putting us front and center for the Parade of Sail and more at the adjoining convention center. Your excellent Tall Ships adventure includes: roundtrip motorcoach transportation, 3 night accommodations at the Sheraton Erie Bayfront, admission to the Tall Ships Festival which includes access to the Convention Center, the Parade of Sail, Touring of the Ships, a live performance of Fortunate Victory, admission to the Erie Maritime Museum, Tour of St. Patrick's Church, visit to the Erie Land Lighthouse. Also included is lunch and wine tasting at the South Shore Winery, admission and tour of the Watson Curtze Mansion, dinner at the Ambassador Center, Dinner at the Hotel, and Breakfast every morning.

Price: Starts at \$799 Per Person (Double); Deposit: \$50

Final Payment Due: August 5, 2016

September 13-15, 2016

Springfield, IL . . . Springfield, IL

On this 3 day trip to Illinois, we will visit all the significant locations in the Springfield years of Abraham Lincoln; from the 1830's when he was a storekeeper and postmaster in New Salem, through his law practice and political career in Springfield, to his departure for Washington D.C. in 1860. Visit the Lincoln Presidential Museum consisting of state-of-the-art, full immersion exhibits and special effects theatres.

Included: 2 nights at the Drury Inn and Suites and 6 Meals.

Price: Starts at \$325 Per Person (Double);

Deposit: \$50

September 24-October 3, 2016 (Extended Trip)

The Buffalo Roundup . . . South Dakota

10 day and 9 night vacation - Mount Rushmore, Crazy Horse and Badlands. Custer State Park in the beautiful Black Hills of Western South Dakota is full of lush forests, quiet and serene meadows, and majestic mountains. Each fall, the ground rumbles and the dust flies as cowboys, cowgirls and park crew saddle up to bring in the thundering herd of over 1,000 buffalo. Your adventure includes: transportation, tour of the Corn Palace, Black Hills Gold Museum, Store Mount Rushmore National Park, roundtrip excursion on the 1880 train through the Black Hills, admissions to bear country, a scenic drive through Spearfish Canyon, Bear Butte State Park, as well as many other adventures.

Includes: 17 meals-8 dinners & 9 breakfasts, baggage handling, taxes and tips

Price Starts At \$1,799 Per Person (Double); Deposit \$50

August 2-4, 2016 (Extended Trip)

Menopause The Musical. . . Moline, IL

See what millions of women worldwide have been laughing about for 14 years! Set in a department store, 4 women with nothing in common but a black lace bra on sale, come to find out they have more to share than ever imagined. Your trip includes: roundtrip deluxe motorcoach, 2 night accommodations at Jumers Casino and Hotel in Moline, IL, admission to and reserve seating at the Circa 21 Dinner Theatre, tour and tasting at Lavendar Crest Winery, a visit to the Chocolate Manor for a tour and samples; a lunch cruise aboard the "Celebration Belle" on the Mississippi River, 2 dinners/1 lunch/2 breakfasts, a tour of House on the Hill and gaming at Jumers Casino (\$10 free play). All taxes, baggage handling, and gratuities included.

Price: Starts At \$499 Per Person (Double); Deposit: \$50



International Adventures!

February 13 - 25, 2017

Southern Caribbean Cruise

Cue the calypso music! Escape the winter chill with us as we celebrate all things tropical. Spend 13 days and 12 nights aboard Royal Caribbean's Grandeur of the Seas. Our cruise will depart from Baltimore and head to the crystal blue waters the Caribbean is famous for. Stops will include St. Thomas, Antigua, Barbados, St. Lucia and more! Rates are per person, double occupancy, and include roundtrip airfare from Kalamazoo or Grand Rapids, port charges, transfers to/from ship, taxes and government fees. **Those who book early get the best cabin locations and their preferred dining times.**

Price: Starts at \$1,985, Depending On Cabin Selection; Deposit: \$550 (Double)

Final Payment Due: October 30, 2016

April 23-May 6, 2017

Celtic Highlights

You'll start and end in Glasgow and overnight also in Inverness and Edinburgh in Scotland: Liverpool, England; Dublin, Killarney, Limerick and Sligo in Ireland; and Belfast, Northern Ireland. Throughout the tour, you will learn about the history and cultures as you visit some of the areas "must see attractions".

Price Starts at \$4886 (Double), Deposit \$829

Peru: Ancient Land of Mysteries

10 Days 15 Meals

Fantastic archeological treasures set amidst the soaring Andean peaks - this can only be Peru. Discover Lima's colonial heritage and see why the "City of Kings" is a UNESCO World Heritage Site. Explore Andean art forms and the local way of life from ancient times through present day during your stay in the Sacred Valley. Participate in workshops that teach you traditional agricultural methods and learn about local music and dance. Savor an authentic Pachamanca dinner, a unique process where food is placed on hot stones and buried in the ground to cook. Travel to Machu Picchu aboard the famed Vistadome train. Spend a night at the base of this "Lost City of the Incas" in a luxury hotel and enjoy an exclusive culinary demonstration. Immerse yourself in Cuzco, a city that blends Inca and Spanish colonial influences. Meet the indigenous Uros people of the floating islands on Lake Titicaca. Discover the exquisite cuisine of Peru, which has been awarded the top food travel destination in the world four years in a row.

Price: Starts at \$4,999 (Double) rates change after November 28, Deposit \$250

Final Payment Due: March 28, 2017

November 1-10, 2017

Tanzania: The Serengeti & Beyond

The Lion King will come alive on this south-of-the-Equator African Safari! Spend ten days exploring the breathtaking African plains, ground water forests, three national parks and the world's largest unflooded volcanic crater. We will not only get to experience several game drives but we will also have many opportunities to view and take pictures of elephants, zebras, lions, giraffes, hippos, gazelle. We will have a chance to embrace this beautiful country while learning about the local culture. Your experience will include a visit with children at a local school to learn about their educational system, a visit to a workshop aimed to help Tanzanians with disabilities.

Price: Starts at \$7,363 Per Person (Double), Deposit \$829

STAY TUNED FOR OUR FISHING EXCURSION AUGUST, 2016 ON LAKE MICHIGAN! TO EXPRESS YOUR INTEREST AND FOR MORE INFORMATION CONTACT THE TRIP DEPARTMENT.

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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.

Loaves & Fishes - PSC Bag Recycling Program

1st Wednesday & 1st Thursday (ongoing)
Group Leader: Rosalie Daniels

This group collects paper and plastic grocery bags 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.

Needlers

Thursday, 9:00 AM - 12:00 PM (ongoing)
Group Leader: Bobbie Kipp

The PSC Needlers meet throughout the year to knit, crochet, and donate completed projects to various community agencies (examples: Goodwill, Salvation Army, Portage Community Center, Gospel Mission, the VA, local hospitals) in the Kalamazoo and Portage areas. New members are always welcome.

Quilting and More

Friday, 1:00 - 4:00 PM (ongoing)
Group Leader: Georganne Oldenburg

This friendly group meets weekly to quilt, knit, crochet, cross stitch and work on any fabric and yarn related projects along with a large dose of chatting and sharing. Feel free to bring your favorite beverage along with your latest project. Members help others who want to learn new techniques, work at getting their own UFO's done and make projects for donation to various local charities. Join us to work on your projects and share your creativity with like-minded members.

Sisterhood

Friday (2nd), 1-2:30 PM (ongoing)
Group Leader: Barb Lewis

This women's social group meets monthly for camaraderie and to enjoy social activities. Meeting topics and/or activities are listed below. More information can be found under "Programs and Activities" on the PSC bulletin board.

Friday, August 12

Time: 1:00 PM

Event: Lunch and then a tour of the upscale resale shop

Kalamazoo Kitty Marketplace

Site: Uncle Ernie's Pancake

House, 4500 Portage Road, Kalamazoo

Hosts: Clara S. & Helen E.

Friday, September 9

Time: 1:00 PM

Event: Fun and Games: back by popular request,

Sonia with Wheel-of

Fortune and other

favorite games

Site: PSC

Host: Sonia H.

Readers Theatre

Wednesday, 2:00 PM (2nd & 4th)
Group Leader: Babs Smith

The 2016 - 2017 Readers Theatre season will resume on September 14. This school season they presented 13 programs: four at pre-schools and nine at Portage elementary schools for one or two grade levels. The Readers Theatre membership is between six and eight (at present) and the total audience served was 1,403 students and staff members. Presenting age-appropriate stories to students using voices to represent characters and sharing at least one poem is extremely rewarding. The student-audiences are encouraged to participate whenever possible by joining in a refrain or a finger play.

Do you enjoy sharing drama and comedy with children? Join this happy group of readers as they use their voices to present stories in area schools and pre-schools. Participants read their parts, so memorizing them is not required. This group meets the second and fourth Wednesdays of the month from September through May for rehearsals, and visits their scheduled venues for programs on the first and third Wednesdays. 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, and the desire to have fun! Contact Queen Marie at 269-375-2104 if you are interested in joining this group.

Lunch with Langelands: "Living Legacy"

Tuesday, August 23

11:30 AM

\$3 includes Lunch

The WWII Memorial in Washington D.C. took 15 years to create. This interactive presentation will cover the details of this testament to tens of millions of Americans who contributed to the war effort. Please RSVP by August 19.

Recycled Cards

Tuesday (1st, 3rd & 4th), 10:30 AM (ongoing)
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.

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.

THANK YOU! THANK YOU! THANK YOU!

A few reminders to our Valued Participants:

Please check-in when you arrive!

Use the kiosk or see the receptionist before the activity/class/event.

Once the activity is over it is automatically removed from the kiosk.

We receive and disburse funds based on your attendance.

Room scheduling is based on your attendance.

Payment must be received at the time of registration if there is a fee.

We cannot take registrations over the phone unless there is no fee.

Register early so we know we have enough participants to hold the activity/class/event.

Certain events (i.e.meals) have "cutoff" dates required for sufficient preparation.

We regret that we cannot accommodate late registrations.

THANK YOU! THANK YOU! THANK YOU!



Classes, from page 13

COMPUTER CLASSES

Computer Tutoring

Monday, 10:00 AM - 12:00 PM

Fee: \$10 per hour – members only

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

Laptop Introduction to Office

Wednesday, 10:00 AM - 12:00 PM

7 weeks, members only - \$24

September 28 – November 9

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. 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