

Portage Senior Center Newsletter

Apr/May 2016



Bits of Business, Mini Senior Expo

**Thursday, May 26
9:00 - 11:00 AM**

Head to the PSC to meet with representatives from local businesses and organizations which provide products and services of interest to mature adults. Samples, displays, and literature will be available. Vendor offerings are expected to include footwear, physical therapy, hearing services, senior housing options, ambulance & emergency services, health & human services and much more. This event is free and open to the public. Refreshments will be served and door prizes will be awarded! For more information, please call the Reception Desk.

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It's In the Bag!

Saturday, April 16

Join us between 9:00 AM and 2:00 PM for the PSC purse sale and raffle! Gently used purses, tote bags, name brands and knock-offs will be available for you to purchase

at bargain prices. An estimated 500 bags, many of them leather or name brand, have been received so far. New designer bags donated by generous sponsors will be raffled off during the event, so don't

miss your chance to walk away a winner. Have a purse or accessory you'd like to donate? Donations will be accepted until April 1st.

Friends of the PSC Annual Golf Scramble

Monday, May 23

The 21st annual golf outing will be held at beautiful Gull Lake Country Club in Richland. This event is open to the public, and

all are encouraged to take part in what is sure to be a great day of golf and comradery. Challenge yourself with 18 hole play at this beautiful course for

only \$95 per golfer. The shotgun start is at 9:00 AM. Win cash prizes and play the 50/50 raffle. Registration deadline is Monday, May 16.

Something to Sing About II

Thursday, April 21

11:30 AM Choir

11:45 AM Lunch

\$5 Lunch Reservation

Sign up now for this special event showcasing

the remarkable talent of our own PSC Choir! The choir will provide a dynamic array of musical treats for your enjoyment, and then lunch will be

provided by Chef Roger of MediLodge of Portage. Registration deadline is noon on Monday, April 18.

Mother's & Father's Day Lunch

Thursday, May 12

11:30 AM Entertainment

11:45 AM Lunch

\$5 Lunch Reservation

"The world talks to the mind. Parents speak more intimately, they talk to the heart." ~Hain Ginott.

Come join us for lunch (provided by Chef Roger of MediLodge of Portage) and celebrate Mother's & Father's Day! We will have entertainment, decorations and prizes provided by our sponsor. The PSC would

like to thank Brookdale Senior Living - Clare Bridge of Portage for sponsoring this event. Registration deadline is noon on Monday, May 9.

April 10-16 is National Volunteer Week

National Volunteer Week is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their community. It's about demonstrating that by working together, we have the fortitude to meet our challenges and accomplish our goals. As we recognize and celebrate National Volunteer Week, we embrace our shared responsibility to support one another and commit to the task, not only of meeting the needs of the PSC as it stands today, but to build on that foundation toward an organization that meets the needs of the next generation as well.

Many groups are reliant on volunteers, and we are no different. Currently, over 200 PSC volunteers donate over 25,000

hours of their time annually. In short, we couldn't do what we do without every single volunteer and every hour of their service. Our success depends on volunteers and their resources.

The PSC staff would like to take this opportunity to extend a heart-felt thank you to our dedicated volunteers who donate their time, skill and experience to support the programs and activities at the PSC. It is important to recognize these individuals who so graciously give of their own free time to fundraise, improve community health, enhance PSC events, and provide positive experiences for our members and participants. Volunteers are certainly at the heart of everything we do, and for that, we thank you.

Advisory Board

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- PSC Manager*
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- Administrative Asst.*
- Janet Gates
- Program & Volunteer Coordinator*
- Denita Demler
- Program Coordinator*
- Sonya Evans
- Receptionists*
- Morning:* Judy Grey
- Afternoon:* Dawn Shilts

Lunch Program starting on Thursdays

Beginning Thursday, April 7, 11:45 AM
\$5 lunch registration

Lunch service will resume on a trial basis beginning Thursday, April 7, at 11:45 AM. The food will be provided by MediLodge of Portage (Chef Roger). A lunch menu will be posted on the bulletin board in the

PSC Lobby. Come and enjoy a delicious lunch while you get to know your fellow members. Registration deadline is Wednesday at noon the day before lunch. Special event luncheons will require advance registration and payment at the Reception Desk.

Easter Lunch

Tuesday, April 5
11:30 AM Entertainment
11:45 AM Lunch
\$5 Lunch Reservation

Come join us for lunch (prepared by Chef Roger of MediLodge of Portage) and celebrate Easter! We will have entertainment, decorations and prizes by our sponsor. The PSC would like to thank Senior Nursing Care Services for sponsoring this event. Registration deadline is noon on Friday, April 1.

Coffee, Donuts and Conversation

Thursday, April 7, 9:30 - 11:00 AM
Presenter: Representative Brandt Iden
Open to the Public

Join 61st District State Representative Brandt Iden for coffee, donuts, and conversation. Representative Iden will be on hand - with donuts - to discuss the latest happenings in Lansing and to listen to your priorities and issues of concern. We hope you'll take the chance to come out, meet Representative Iden, and share your perspectives with him. Register at the Reception Desk.



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.

Spring Flavors Cooking Demonstration

Thursday, May 5, 1:00 PM

Fee: \$3 Members/\$6 Non-Members

Sponsor: MediLodge of Portage

Join Chef Roger from MediLodge of Portage (formerly Portage TenderCare) for another outstanding cooking demonstration with a Spring Flavors theme. The demonstration will include recipes and taste testing. Registration deadline is noon on Monday, May 2.

AAA IIIA Public Hearing

Thursday, May 5, 9:00 - 10:00 AM

Open to the Public

Presenter: Area Agency on Aging IIIA

Have you ever wondered how an organization makes program decisions for a three year period? Or what about how an organization allocates money to services? Well, we have something for you. The Area Agency on Aging IIIA will host one of two public hearings at the PSC to explain ideas for the 2017-2019 fiscal years. This is your opportunity to get involved in the planning for services that affect you, your loved ones, your friends, co-workers, or neighbors in Kalamazoo County. The AAA IIIA will present and explain their draft plan, and listen to public opinion about it. The draft will be available for viewing at least a week prior to the meeting. Please check www.kalcounty.com/aaa for an updated copy or email ekbras@kalcounty.com for an electronic or hard copy. The AAA IIIA looks forward to engaging in dialogue with you regarding this important process Refreshments will be provided. Register at the Reception Desk.

Coffee with a Cop – Meet K9 Rocco

Thursday, May 19, 1:30 PM

Presenter: Portage Department of Public Safety

Open to the Public

Come enjoy a warm beverage and the opportunity to meet the first ever Portage K9 Rocco and handler Officer Wentworth. Officer Wentworth will be available to answer questions in an informal gathering about their roles in serving the City of Portage. Register at the Reception Desk.

Teen Tech Tuesdays

Tuesdays, 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! Teen volunteers from **Portage Public Schools** will be available in the PSC lobby to assist you with your electronic devices. Appointments are not required, but feel free to call 329-4555 and let the receptionist know if you are coming to meet with a Teen Tech. No Teen Tech on April 5 due to spring break.

The Pantry on Tap Oil and Vinegar Tasting

Monday, May 2, 1:30 PM

Presenter: Polly Kragt

Time to add more flavor to your life? Come to the PSC for an oil and vinegar taste testing. The store (located in the Portage Plaza) features 36 oils and vinegars. Samples will be available, along with suggestions for use. Pantry on Tap also carries a selection of dips and dressings, as well as organic spices, seasonings and specialty salts. Register by Friday, April 29.

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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Coffee with a Cop - Scams

Thursday, April 7, 1:30 PM

Presenter: Officer Adam Dmoch

Portage Department of Public Safety

Open to the Public

Scams are being reported at an alarming rate, and are hitting victims for thousands of dollars. This presentation will cover phone and internet scams the police are seeing, and it will provide information about how to protect yourself from being a victim. Register by Wednesday, April 6.

Social Golf League

Thursdays, May 5 - August 25

9:00 AM tee time

States Golf Course, Vicksburg

League Fee \$5

Group Leader: Denita Demler

The PSC Social Golf League is for male and female members and meets every Thursday at 8:30 AM at the States Golf Course with 9:00 AM tee times. As this is a social league, you only pay as you golf and never need to find a sub. League fees will be \$5 per person payable to the Group Leader within the first three weeks of golf. Greens fees are \$9.25 and a half-cart is \$6.00. At the end of the season, participants will enjoy a golf scramble with prizes and luncheon at the course.

Interesting and Ordinary Destinations

Thursday, April 28, 1:00 PM

Presenter: Steve Ellis

Spark Magazine publisher, Steve Ellis has spent the last 45 years traveling around Michigan and its neighboring states, searching for interesting and out of the ordinary destinations. His lively photographic presentation (with many new destinations added from his 2015 trips) will give you some great ideas for summer trips! Register at the Reception Desk.

Evening Meals at PSC - Heritage Dinner Series

3rd Tuesdays, 5:00 PM - 6:30 PM

April 19 and May 17

Open to the Public

PSC members are encouraged to participate in these "open to the public" Evening Meals. Participants may 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. Food now being prepared by the culinary team at Heritage Community. Menu posted soon. Meals include entrée, sides, dessert and beverage.



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Let's Play Some Cards

If you like playing cards, especially with people your own age, this is the schedule for you.

The 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 always 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 and	6:30 PM
	Other Cards	
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.

Reminiscence Writers Corner

Wednesdays, 10:30 AM

A Writing by Ted Doscher, student of Wilma Kahn:



I wore this derby hat the day I read an essay I had written about hats.

My years with the center go back 22 years. My wife, Jane, and I had moved to Kalamazoo in 1991, and in March 1993, I saw a notice in the paper about a Reminiscence Writing group at the center. Having an interest in writing and seeking to become acquainted with others, I decided to attend. I showed up one morning, a stranger, and introduced myself to someone. He was Bill Pletcher and he and his wife, Laverne, have been my friends ever since. The group usually had fifteen attending each Wednesday. Our leader at the time was Mary Lou McGue. She moved

to Traverse City in 2001, and we were fortunate to have Wilma Kahn take up the leadership that fall. Through the years, the membership has changed due to the usual reasons but has generally held strong. I have told my life story and many other anecdotes through the years and enjoyed the company of others and listening to their stories. The center has been dependable for us and many other groups, bringing people together for friendly association. It is to be much appreciated.

Garden Talks XIV

Tuesday, 6:30 - 8:30 PM

April 12 and 19

Free to the Public

Series Presented by Schram's Greenhouse

This popular series is great for seasoned gardeners or novices - "Introduction to Permaculture" (April 12) and "The World of Lavender" (April 19). Registration is recommended; contact Luba Schram at Schram's Greenhouse (269) 327-5347.

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Big Screen Movie

Monday, April 11, 1:15 PM
 "The Miracle of the Cards"

There are no such things as miracles. That's what a skeptical reporter (Kirk Cameron) thought until he met Craig (Thomas Sangster). Craig is an 8-year-old with a brain tumor and less than a year to live. Looking for hope, his mother (Catherine Oxenberg) pushes to break the Guinness World Record for receiving the most get-well cards. Can they shatter the old record? However, as Craig continues to get worse, he and his family never stop hoping for a miracle. Based on a true story. Not rated. Closed-captioned. 89 minutes. View the movie for free. Popcorn, 50 cents.

Big Screen Movie

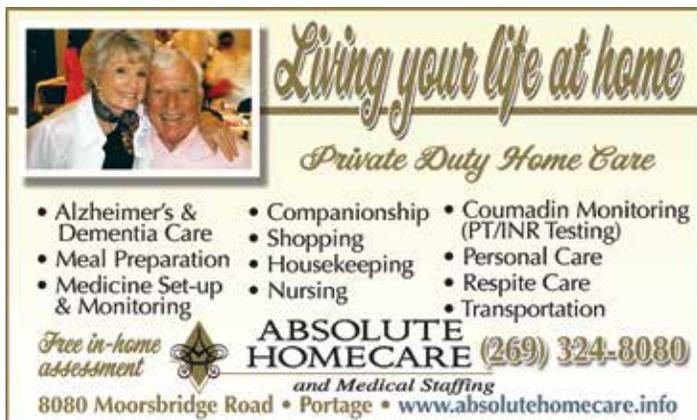
Monday, May 9, 1:15 PM
 "Unsung Heroes"

From the Revolutionary War until today, women have shed their blood in defense of America. Their sacrifices are profound and their noble accomplishments largely ignored. This inspiring story of perseverance and triumph sets the record straight on their unrecognized courage and sacrifices. At the heart of "Unsung Heroes" are the powerful first-hand accounts of women who have answered the call and stand proud in their commitment to the patriotic ideals of the United States. Not rated. Closed-captioned. 105 minutes. View the movie for free. Popcorn, 50 cents.

Art Open Session

Monday, 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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iPad Discussion Group

Tuesday, May 17, 10:00 AM
 Group Leader: Larry Smith

This discussion group will include questions and answers about using the iPad and demonstrations on drawing and sketching using the iPad. Register at the Reception Desk.

PSC Band Schedule

APR	DAY	TIME	LOCATION/ADDRESS
5	Tues	2:30	Borgess Assisted Living 3427 Gull Road, Kalamazoo
12	Tues	3:00	Rehearsal, 320 Library Lane
19	Tues	3:00	Crosstown Apts. 550 W. Crosstown Pky., Kalamazoo
26	Tues	3:00	Westland Meadows 4300 Leisure Lane, Kalamazoo
MAY	DAY	TIME	LOCATION/ADDRESS
3	Tues	3:00	Rehearsal, 320 Library Lane
10	Tues	3:00	Tendercare of Westwood 2575 N. Drake Road, Kalamazoo
17	Tues	2:30	Heartland 3625 W. Michigan Avenue, Kalamazoo
24	Tues	2:30	Spring Valley 2535 Mt. Olivet, Parchment
31	Tues	2:30	Borgess Gardens 3057 Gull Road, Kalamazoo



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PSC Bike Club

Wednesdays, beginning May 2016, 8:30 AM
Group Leader: Bob Strader

The PSC Bike Club will hold its *initial meeting on Wednesday, April 27, 9:00 AM*. This meeting will include an overview of rules for riders as well as the 2016 schedule.

PSC Book Club

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

April 11: *South of Superior* by Ellen Airgood

May 9: *The Water is Wide* by Pat Conroy

Check the bulletin board under "Programs and Activities" for more information.

Choir

Thursday, 9:30 AM (ongoing)
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.

PSC Choir Schedule

APR	DAY	TIME	LOCATION/ADDRESS
7	Thu	9:30 AM	Choir Rehearsal at PSC
14	Thu	9:30 AM	Choir Rehearsal at PSC
21	Thu	11:30 AM	PSC Lunch & Choir - Something to Sing About II
27	Wed	2:00 PM	Spring Manor
28	Thu	9:30 AM	Choir Rehearsal at PSC
MAY	DAY	TIME	LOCATION/ADDRESS
5	Thu	9:30 AM	Choir Rehearsal at PSC
12	Thu	9:30 AM	Choir Rehearsal at PSC
16	Mon	2:00 PM	Borgess Gardens 3057 Gull Road, Kalamazoo
26	Thu	9:30 AM	Choir Rehearsal at PSC
27	Fri	1:30 PM	Wyndham Apartments 2300 Portage Street, Kalamazoo

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.

April

Dinner

Monday, April 4
 5:00 PM
 Michelle's on Romence

Breakfast

Tuesday, April 12
 8:30 AM
 Yogi's on VW Avenue

Lunch

Thursday, April 21
 11:30 AM
 Carrabba's on S. Westnedge

May

Dinner

Monday, May 2
 5:00 PM
 Hunan Gardens
 on West Q Texas Corners

Breakfast

Tuesday, May 10
 8:30 AM
 Uncle Ernie's
 on Portage Road

Lunch

Thursday, May 19
 11:30 AM
 University Roadhouse
 on W. Michigan

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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. PSC accepts cash or checks for payment.

Body Rebound

Monday-Wednesday-Friday, 10:30 - 11:30 AM, 8 weeks, \$42 Member/\$52 Non-Member March 23 - June 1

No class use DVD 3/30, 4/1, 4/4, 4/6, 4/8, 4/11 and 5/30 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

Monday and Wednesday, 9:20 - 10:20 AM 7 weeks, \$42 Member/\$52 Non-Member April 13 - June 1

No class 3/30, 4/4, 4/6, 4/11, 5/30 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.

Enhance Fitness

Monday-Wednesday-Friday, 8:10 - 9:10 AM, 8 weeks, \$42 Member/\$52 Non-Member February 15 - April 13

No class 3/4 April 15 - June 13 No class 5/30

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

Tuesday, 8:30 - 9:30 AM, 7 weeks, \$42 Member/\$52 Non-Member March 22 - May 3 May 10 - June 21

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 - St. Catherine of Siena, Stanley Center

Tuesday, 1:00 - 2:30 PM, 8 weeks, \$72 Member/\$82 Non-Member February 23 - April 19

No class 3/1 April 26 - June 21 No class 5/24

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) and then move beyond those blockages to a greater understanding of how to embrace your own body rhythms. We practice breathing techniques, stretching, balance and stability poses. Gentle movements increase

Continued on page 9

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Continued from page 8

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. Much fun will be had. Participants are asked to bring an exercise mat.

Zumba®

Fridays, 9:20 – 10:20 AM

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

April 15 – June 3

June 10 – July 29

Instructor: Helene Thompson

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

SilverSneakers Splash

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

February 16 – April 14

April 19 – June 2

\$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 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

How The States Got Their Shapes

Monday April 18, 5:30 - 7:15 PM

Presenter: Randall Schau

Open to the Public

Fee: \$2 Members/\$3 Non-Members

Through a series of slides, this class will cover the fascinating stories behind many of the borders that form our fifty states. Why do they zig instead of zag? Why this river instead of that one? When did politics dictate the placement of a border? These questions and more will be answered in less than two hours. Register by April 4.

Digital Photography Class

Thursday, May 12, 1:30 – 3:00 PM

Presenter: Beth Thielking Photography

Fee: \$12 Member/\$15 Non-Member

This introductory photography class will teach you the basics of your digital camera including different settings for different types of photographs. You will also learn how to download, print, and send images electronically. Apart from the camera, you will also learn how to make the best use of lighting and posing your subjects for flattering pictures. Please bring your digital camera and manual. Register at the Reception Desk.

Reminiscence Writing

Wednesday, 10:30 AM - 12:00 PM

7 weeks, \$32 Member/\$42 Non-Member

March 9 – April 20

June 8 – July 20

September 7 – October 19

November 3 – December 8

Instructor: Wilma Kahn

Write about reminiscences old and new. Topics include ancestors, childhood, school days, adulthood, military

Continued on page 13



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Continued from page 9

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 she gives written responses to class member's work.

AARP Smart Driver Program

Thursday, May 19, 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 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.

Partnership with Osher Lifelong Learning Institute (OLLI)

Fa So La! An Introduction to Sacred Harp Singing

Friday, April 15, 9:00 - 11:00 AM at PSC

Registration: 387-4200

Fee: \$10 OLLI WMU Member/\$20 Non-Member OLLI WMU

Participants will learn shape note singing, this earliest American musical form of four-part a cappella singing, using the tune book, *The Sacred Harp*. We will view excerpts from the documentary "Awake My Soul". The shapes will be taught and most class time will be used for singing tunes and learning a bit about the traditions. A trained voice is not necessary, but singing on pitch is desirable. There is a wealth of information online at fasola.org and many examples of singing on YouTube. Books will be supplied; handouts and other information will be available.

COMPUTER CLASSES

Computer Tutoring

Monday, 10:00 AM - 12:00 PM

Wednesday, 2:00 - 4:00 PM

Fee: \$10 per hour - Members Only

Individual tutoring with or without a laptop computer

by an experienced volunteer is available Monday or Wednesday. 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

May 4 - June 15

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.

Garden Pals

Monday, April 11, 10:30 AM

Group Leader: Joyce Tuinier

This is the initial meeting of the Garden Pals for the season. If you are interested in assisting with the enhancement and maintenance of our garden areas, please join us. Thereafter, we will meet on the 2nd and 4th Mondays at 10:30 AM at PSC.

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.

Loaves & Fishes - PSC Bag Recycling Program

1st Wednesday & 1st Thursday (ongoing)

Group Leader: Rosalie Daniels

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.

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HOURS:
Mon-Fri
9 am-5 pm

Diabetes PATH Workshop

Wednesday, April 20 – May 25, 1:30– 4 PM

Sponsor: Area Agency on Aging

Diabetes PATH is a FREE six week workshop for adults who have diabetes and the challenges that go with it. The workshop covers many things about diabetes: monitoring, medication, healthy eating, stress management and communication. What you really learn are the ways to help take care of your health, so that you can do the things that YOU like to do and be more independent. Two trained leaders conduct the workshop. Register at the Reception Desk.

Hearing Loss Presentation

Thursday, May 5, 1:00 PM

*Presenter: Amelia Schuring, AuD., CCC-A
Doctor of Audiology*

*The Hearing Center of Kalamazoo – A Connect
Hearing Company*

These aren't your parents' hearing aids. Join doctor of audiology, Amelia Schuring AuD. for an interactive discussion on hearing loss, its adverse effects on our health and connectedness to the world around us. We will also be discussing new solutions available to help. Hearing loss is one of the most common and easily treatable health problems, affecting 1 in 3 adults over age 60. But because it rarely develops overnight, we often fail to identify its symptoms until it's already causing trouble. Learning about the common signs of hearing loss can help to ensure you don't wait too long to seek treatment. There are a lot of advertisements for the latest hearing aid solutions, which can be very confusing. This presentation will educate you on the hearing aid selection process and how to know which one is right for you. Bring your stories and questions. Register at the Reception Desk.

Healthy Living for your Brain and Body: Tips from the Latest Research

Thursday, April 21, 1:30 PM

*Presenter: Erin VanGroningen
Alzheimer's Association*

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Register at 329-4555.

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.

Free Bronson Education Programs at PSC

Is Shoulder Pain Controlling Your Life?

Tuesday, April 26, 6:30 – 7:30 PM

*Presenter: Grant Bowman, MD
Bronson Sports Medicine Specialist*

Do you suffer from shoulder pain? It could be arthritis, frozen shoulder or a rotator cuff tear. Join us for this free presentation to learn about shoulder pain and treatment options available to relieve the pain. Dr. Bowman is a board certified orthopedic surgeon with specialized training in shoulder repair and replacement. To register for this program, call (269) 341-7723 or go to bronsonhealth.com/classes. If you have questions, call (269) 341-8860.

Got Sleep?

Tuesday, May 24, 6:30 – 7:30 PM

*Presenter: Mark Goetting, MD
Bronson Sleep Health*

Are you having difficulty getting to sleep or staying asleep? Getting a good night's sleep is vital to your health and well-being, but a lack of sleep can be harmful your long-term health. Join us as we discuss some of the "sleep wreckers" that may be contributing to sleeping too much or sleeping too little and the latest treatment options available. Dr. Goetting is board certified in neurology, psychiatry and holds a subspecialty certification in sleep medicine. To register for this program, call (269) 341-7723 or go to bronsonhealth.com/classes. If you have questions, call (269) 341-8860.

Hearing Screenings

3rd Tuesday, April 19 and June 21

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).

Stay Independent - Prevent Memory Loss

2nd Thursday of every month

1:00 - 2:30 PM

Session 1: April 14

Session 2: May 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.



FREE HEALTH PROGRAMS

Bronson Women's Health & Wellness Fair

Health and wellness presentations, fitness classes, vendor exhibits and more!

Saturday, April 23, 8 a.m. to 1 p.m.

Fetzer Center, Western Michigan University, Kalamazoo

Is Shoulder Pain Controlling Your Life?

Learn about shoulder pain and treatment options.

Presented by Grant Bowman, MD

Tuesday, April 26, 6:30 to 7:30 p.m.

Portage Senior Center, 320 Library Lane, Kalamazoo

Got Sleep?

Treatment options for too much or too little sleep.

Presented by Mark Goetting, MD

Tuesday, May 24, 6:30 to 7:30 p.m.

Portage Senior Center, 320 Library Lane, Portage

Non-surgical Treatment Options for Back Pain

Presented by Paula Kilmer, MD, Joseph Wheeler, PhD, and Michael D. Chafty, MD

Thursday, May 5, 6:30 - 7:30 p.m.

Beacon Club, 5830 Portage Road, Portage

Surgical Treatment Options for Back Pain

Presented by Gregory Wiggins, MD

Thursday, May 12, 6:30 to 7:30 p.m.

Beacon Club, 5830 Portage Road, Portage

Registration is required for all programs. Register at bronsonhealth.com/classes or call (269) 341-7723. Questions? Call Jill at (269) 341-8860.

 **BRONSON POSITIVITY**SM
bronsonhealth.com

PSC Volunteers

Did you know...we currently have 250 volunteers at the PSC? As of February 29, 152 active volunteers amassed a total of 1,495 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, April 12, 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 Volunteer Orientation, an account for volunteering will be activated in MSC. Register at the Reception Desk.

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 Thursday, April 14, 2016. Contact the Volunteer Coordinator for more information on this position.

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 us love sweets. Bring some; enjoy some!

A Matter of Balance Class

Fridays, 9:30 - 11:30 AM

8 weeks, May 6, 13, 20, 27, June 3, 10, 17, 24

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.

Donations Received Between December 28, 2015 and March 3, 2016

Endowment Fund

Betty Anne Geib
Barb Lewis
Annual Fund Drive
Barb Burdiak
Helen Coverdale
Thomas & Judy Deem
*in memory of
Marion Howser*

Toni Dibble
Sharon Dickey *in memory
of Dora Gressley*
Mary Fiebig
Mary Foster
Shirley Hamilton *in
memory of Max Ritter*
Vivian Harrasim *in memory
of Chester Harrasim*
Scott Hice
Carolyn Hornev
Eric & Lisa Jasiak
Elizabeth Lacey
Barb Lewis

Dorothy Blessing
James McGuire *in memory
of Dawne Kennedy*
Mary Nespodzany
Robert & Lois Ostrowski
Charles Pasco
Dee Paul
Judith Pearson
Claudette Reid
Art & Betty Roberts
Freeman Russell *in memory
of Frances Russell*
Mary Lou Sanderson
Diane Schaeberle
LuElla Shader
James Smolinski
Pauline Tremblay
Tom & Kathleen Vance
Ted Vlieg
Dan Ward
Richard & Marilyn Yonke
Lewis Bigler

Memorials:

In memory of Jerry Helms, Rick Davison

Donations of Product

Barb Lewis, for sanitizing wipes.
Chuck Pasco, Michael Johncock, Diane Schaeberle, Ted Thompkins, Ruth Minert, Lorna Kierepka and Robert, Lorna Kierepka & Lois Ostrowski for donations of coffee.
Diane Schaeberle for donation of colored paper and postage stamps.
Helen Lovin, Sharon Fuller & Carol VandenBerg for programming & office supplies.

PSC Needlers

Thursday, 9:00 AM - 12:00 PM (ongoing)
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.

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

Welcome New Members December 22, 2015 through February 26, 2016

James Bradfield	Karen Tomlonson	Bill & Joyce Gansen
Doris Melotti	Mary Houghton	Jeannie Scott
Darling McDaniel	Joann Dodson	Richard Beardasley
Frank & Pat Kartch	Madge Becker	Barbara Edmondson
Marianne Borr	Judy Bell	Ginger Kalleward
Ronald French	Jeannette Carney	Sandra Kay Wise
Regina Starosta	Delwyn Meyer	Sally Sewell
Elizabeth Lacey	Judith Myers	Debbie Hyslop
Margaret Corbin	Phyllis Walker	Mary Kelber
Richard Haynes	Steven Cowley	
Dan Kamerman	Chris Richardson	
Patricia Kisinger	Mary Klenow	

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.

All Ears Theatre

2016 Upcoming Shows

APR 2 - All Ears Variety Review
APR 16 - The Legend of Rip Van Winkle
APR 30 - The Name of the Tree
MAY 14 - The Murders in the Rue Morgue
MAY 28 - Escape from Christiana

Back in the 'Golden Age' of radio, weekly radio programs brought the young and old to their living rooms to listen to adventurous, mysterious and comical tales. Dedicated to promoting this rich history, All Ears Theatre performs newly scripted radio programs for live audiences, complete with old school sound effects, from January through May. Shows are later broadcast on 102.1 WMUK-FM. Performances are at 6:00 pm at the First Baptist Church and are FREE to the public.

Visit KalamazooArts.org

Funding provided by *Irving S. Selmae* FOUNDATION

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Fun 2016 Day-Trip Outings!

Spring into Grand Rapids. . . Grand Rapids, MI Tuesday, May 3, 2016

Head to Grand Rapids Downtown Market featuring unique vendors where we'll be treated to a kitchen demo and have time to shop. Trader Joes, lunch at Arnie's, and then Hardner Warner Landscaping & Garden Center to create a take home planter! Get a taste of spring on this economical adventure packed with plusses!

Sign up by April 14 to ensure your seat.

Member: \$96 Non-Member: \$106

Meadowbrook Hall and Theatre. . . Rochester, MI Wednesday, May 11, 2016

Delightful! Magnificent sights await at Meadowbrook Hall, an estate built by one of the automotive aristocracy's most remarkable women and later donated to Oakland University. The estate was named a National Historic Landmark in 2012 and contains vast collections of original art and furnishings. A guided tour of this Tudor revival style mansion, which is referred to as one of America's castles, assures that the most remarkable features and collections are noted and explained.

This excursion features lunch at the mansion, and a memorable musical at Meadowbrook Theatre, "Sistas."

Sign up by April 11 to ensure your seat.

Member: \$125 Non-Member: \$135

Hazel (Drury Lane Theatre) . . . Oakbrook, IL May 19, 2016

Do you remember the hilarious 60's TV comedy "Hazel?" She's back - with a world premiere on stage at the popular Drury Lane theatre. Hazel is the live-in maid in the Baxter household. The question is: can a simple maid debone a turkey, save a marriage, uncover a matter of national security and lead a conga line? She can if she's Hazel! Come for the laughs and enjoy a delicious meal (included) at Drury Lane.

Sign up by April 25 to ensure your seat.

Member: \$122 Non-Member: \$132

Nice Work If You Can Get It . . . Munster, IN Thursday, June 2, 2016

It's the Roaring Twenties and a cast of outrageous characters gather in New York to celebrate the wedding of wealthy playboy Jimmy Winter. But things don't go as planned when the playboy meets Billie Bendix, a bubbly and feisty bootlegger who melts his heart. This show includes a treasure trove of Gershwin's most beloved tunes including, "Let's Call the Whole Thing Off" and "Someone to Watch Over Me." Lunch is included at the theatre.

Sign up by May 9 to ensure your seat.

Member: \$109 Non-Member \$119

Starting Over on U.S. 12 . . . New Buffalo & White Pigeon, MI

Wednesday, June 15, 2016

For all of us who have enjoyed Dr. Geisler's previous US-

12 tours and missed his first Quaint, Quizzical & Quirky US-12 journey, this trip is for us! Visits will be made to museums, libraries, inns, a vintage meat market, theaters, land offices, gravesites, railroad stations, a camelback bridge, featherbone factory, 1911 highway and more!

Sign up by May 30 to ensure your seat.

Member: \$52 Non-Member: \$62

SAVE THE DATE for a great Intergenerational Adventure!

Circus, Circus. . . Peru, IN Saturday, July 23, 2016

Once the winter headquarters for several great circuses including Ringling Brothers and Buffalo Bill's Wild West show, Peru is now the site of Circus City Festival and a grand opportunity for you and the grandchildren (eight years and older) to enjoy an authentic circus experience!

Sign up by June 29th to ensure your seat.

Member: \$88 Non-Member: \$98

Extended Trips - 2016

Historic Cities of the East . . . Maryland and Pennsylvania

May 15-20, 2016

We travel by deluxe motor coach to Pennsylvania Amish Country, Baltimore, Gettysburg and Philadelphia. This spectacular tour features a five-night stay in Lancaster, Pennsylvania and a performance of "Samson" at the Sight and Sound Theatre! Trip features also include guided tours of the Gettysburg Battlefield, Baltimore city sight-seeing, a history and heritage tour of Pennsylvania Dutch Country, visits to Valley Forge National Historic Park, Museum of the Civil War, a sightseeing harbor cruise, and much more. Price includes trip cancellation insurance, and begins at \$1,149 per person (double). Deposit \$100

Consider Cleveland. . . Cleveland and Akron, OH June 27-29, 2016

Travel & Leisure listed this as one of the best places to travel in the world, and the PSC has seats available for you. An unlimited buffet meal with musical entertainment aboard the Nautica Queen is just one of the delightful extras on this excursion. You can take a scenic train ride through the Cuyahoga Valley National Park on Locomotive #765, one of the largest operating steam locomotives in the United States. If you enjoy architectural landmarks, you'll love the award-winning museum housed in Stan Hywet Hall & Gardens, a 65 room Tudor Revival Manor House! Don't miss the Rock and Roll Hall of Fame as well as a unique chance to view a dog training demonstration at Lynnwoods Kennel. Also your choice of the Pro Football Hall of Fame or the First Ladies Museum. This unique three-day trip includes two night's lodging and seven meals.

Price: \$454 per person (double); Deposit \$50

Great Canadian West

August 7-13, 2016

This seven-day/six-night tour features three of North America's most stunning destinations – Vancouver, Victoria and Whistler Resort. Be sure to bring your camera and your sense of adventure! Contact the Trip Office or stop by PSC to pick up a detailed flyer.

SPONSOR: SHORELINE TOURS

Price starts at \$3,249 per person (double); Deposit \$250

Alaska Discovery Land & Cruise

August 16-28, 2016

Begin your journey with a drive along the dazzling George Parks Highway. Stay in Mt. McKinley Princess Wilderness Lodge within view of North America's highest peak. Ride in a domed railcar as you experience Denali National Park, a fascinating ecosystem and wildlife reserve. This is only the beginning! Enjoy being pampered on a 7-night Princess cruise including spectacular scenery and historic stops. Spend a day sailing along the amazing Inside Passage. You'll disembark in Vancouver, British Columbia to top off the trip. Don't miss it!

SPONSOR: COLLETTE

Price starts at \$5,199, per person (double); Deposit \$600



New York, New York **NEW!**

October 13-17, 2016

The PSC and the Kalamazoo Symphony Orchestra are partnering together for another unforgettable adventure in the Big Apple. Three Broadway performances, a concert at the New York Philharmonic, sightseeing tours and much more. You don't want to miss! Round-trip airfare and daily breakfast included.

Price starts at \$2,286 per person (double) Deposit: \$400



All Aboard for the Agawa Train Tour **NEW!**

Sault Ste. Marie, Ontario CA

September 27-29, 2015

Under Construction.. Stay tuned for more information!

This wilderness train excursion will transport you 114 miles north of Sault Ste. Marie, Ontario, over towering trestles, alongside pristine northern lakes and rivers and through the awesome granite rock formations and vast Canadian forests. We'll tour the Ermatinger/ Clergue Stone House restored to depict the domestic and professional life of Charles Oakes Ermatinger and other prominent residents and visitors of the House between 1808 and 1870, followed by a private Heritage dinner by the hearth in the summer kitchen. The 3 day, 2 night trip will also include the Sault Ste. Marie Tower of History; sampling sweets during a Kilwin Kitchen Tour, a pasty pick-up opportunity, meals, hotel and motor coach transportation. Passport is required.



International Adventure!

Discover Croatia, Slovenia and the Adriatic Coast

September 13-24, 2016

Medieval architecture, tranquil lakes, local villages and Croatian charm will delight us on this tour featuring Dubrovnik, Lake Bled, Ljubljana, and the pearls of the stunning Dalmatian coast.

SPONSOR: COLLETTE

Price starts at \$4,379 per person (double); Deposit \$530

Magical Christmas Markets

December 3-9, 2016

Enjoy the unique charm of Austria and Germany, alive with holiday cheer and adorned with bustling Christkindlesmarkets. Choose a city tour, venture into the mountains, gaze in amazement at the stunning views from a train ride to a charming Tyrolean town 3,600 feet above sea level. Fill your lungs with crisp, clean Alpine air. This trip includes five days of travel from the home base of a single hotel, saving you the inconvenience of any unpacking! Munich, Innsbruck, and the picture perfect Bavarian Alpine village of Oberammergau are included. SPONSOR: COLLETTE

Price starts at \$3,379 per person (double); Deposit \$250

Readers Theatre

Wednesday, 2:00 PM (2nd & 4th ongoing)

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.

Sisterhood

Friday (2nd), 1-2:30 PM (ongoing)

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, April 8

Time: 1:00 PM

Event: Lunch at Wild Ginger

Site: D & W Plaza, Portage

Host: Sylvia B.

Friday, May 13

Time: 1:00 PM

Event: Classic Movie

and a Snack

Site: PSC

Host: Dorris B.

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. The van 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 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.

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. Wii Bowling encourages range of motion and hand-eye coordination. You can bowl either standing or sitting. If you want to check out an activity that is fun, free and promotes health and fitness, then come in for Wii Bowling on Tuesdays! Open to all PSC members.

PSC 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.

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 with Susan at 269-377-9571.

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.

Grocery Bingo

Monday, April 25, 1:15 PM

Free to Members (\$5 Non-Members)

Absolute HomeCare and Medical Staffing will be hosting this event which will consist of a variety of games, grocery prizes, and witty commentary. Register at the Reception Desk by noon on Friday, April 22.

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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KALAMAZOO, MI
PERMIT NO. 58

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.

Chair Yoga

Thursday, 5:30 - 6:30 AM

6 weeks, April 14 - May 19

Per Session Fee: \$8 Members/\$10 Non-Members

Instructor: Leslie Neuman

Chair Yoga is a gentle form of Yoga that help those who are uncomfortable getting up and down on a mat, using simple movements, breathing and relaxation exercises to impart all the benefits of yoga, like improved stability, strength, flexibility and relaxation. Classes are based on the interest and abilities of the group.

Spring Trip Preview: Monday, April 18 at 1:30 PM

Join us for our Spring Trip Preview to 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, April 22. Call 329-4555 to save your seat.

The MELT Method

Monday, 1:00 - 2:00 PM

3 weeks, \$55 Members/\$65 Non-Members

May 16, 23 and June 6

Instructor: Danielle

Learn simple self-care techniques in this 3-Week MELT Method Series to boost your body's ability to heal, reduce pain and increase your balance and mobility, so that you can continue to live an active and independent life. Empower yourself to feel better than you have in years. Tools included.

Sunday Farmers Market Returns to Portage

The City of Portage is excited to partner with the People's Co-op of Kalamazoo to offer a farmers market for the 2016 spring/summer season! The Market will be held outside the Portage Senior Center in the parking lot every **Sunday** beginning on May 1, from 12-4 PM. Enjoy local produce and other goods from local vendors. For more information, please call the Parks, Recreation and Senior Citizen Services department at 269-329-4522 or email milbecka@portagemi.gov. Vendors interested in participating may contact Kalamazoo People's Food Co-op at 269-342-5686 outreach@peoplesfoodco-op.org.

Veteran's Benefits Informational Presentation

Thursday, May 26th, 1:30 - 3:00 PM

Open to the Public

Presenter: Brien T. Brockway, Veterans Service Specialist, Kalamazoo County

Brien Brockway will be educating participants on the services offered through the Kalamazoo County Veterans Service office. The presentation will focus on Veterans and their dependent's options for benefits on the Federal, State and Local levels, if eligible. Benefits include, but are not limited to, compensation, VA pension, emergency assistance and burial benefits as well as acquiring copies of military records.

Super Books - Fundraiser!

The Super Books are here at PSC. Funds raised from the sale of Super Books support PSC Programs and events. Stop in and pick up your book for only \$40.