

# Portage Senior Center Newsletter

Feb/Mar 2016



## New Member Meet and Eat

**Thursday, February 25  
9:00-10:30 AM**

If you have recently joined Portage Senior Center, 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. Join staff, volunteers and other new members for coffee and a complimentary breakfast on Thursday, February 25 from 9:00-10:30 AM. Enjoy an opportunity to get to know other PSC members and learn about available opportunities. This program is free, but a reservation is required. RSVP by February 11.

## Valentine's Day Lunch

**Thursday, February 18, 11:30 AM  
\$5 lunch reservation**

*"Trip over love, you can get up. Fall in love and you fall forever." ~ Unknown.*

Come join us for a special lunch and celebrate Valentine's Day! We will have entertainment,

decorations and prizes. Reservations can be made at PSC before noon on Monday, February 15. The PSC would like to thank Absolute Homecare for sponsoring this event.



## St. Patrick's Day Lunch

**Thursday, March 17, 11:30 AM  
\$5 lunch reservation**

*"For each petal on the shamrock, this brings a wish your way - Good health, good luck, and happiness for today and every day."*

~ Author Unknown.

Come join us for a special lunch and celebrate

St. Patrick's Day! We will have entertainment, decorations and prizes. Make your reservations before noon on Monday, March 14. The PSC would like to thank ComForcare Home Care for sponsoring this event.

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## It's in the Bag!

**Saturday, April 16, 2016**

The Friends of the Portage Senior Center are currently seeking donations of "gently used" handbags. Start your spring cleaning early by cleaning out your closet and donating your gently used purses. Donations

can be dropped off to the PSC any time before April 1. If you are interested in volunteering for this event, please contact Kim Phillips. The date for the spring Purse Sale will be April 16, 2016, 9:00 AM - 2:00 PM.



The more things change, the more they stay the same. This may normally be the case, but the PSC is seeing some big changes!

When you are visiting the Center, please join me in welcoming our new staff members! Many of our members met Sonya Evens while she was filling in as an afternoon receptionist, a position now filled by Dawn Shilts. Dawn has proved herself capable as well as caring and would love to meet you, so please introduce yourself on your next visit! Sonya "fell in love" with our members and volunteers while she filled the afternoon receptionist position through an "office temp" agency and has returned to the PSC on a more permanent basis. Sonya will be focusing on coordinating trip and programming opportunities at the Center. Another change is coming to our lunch program. We are sorry to announce that the Friendship Center Senior Meal Site here at the Portage Senior Center

has closed. This program had been operated by Senior Services of Southwest Michigan, and they ended their services at the end of January.

We realize that there is great power in gathering around food, so the PSC staff has been working diligently to come up with improved ways to offer a diverse menu and ample opportunity for socializing around lunch. Ideas that have "come to the table" have included as many wild and zany suggestions as practical, so keep your "eyes peeled" and ears open! We hope to offer up some fun alternatives to the Senior Services lunch. Stay tuned for announcements as things develop. In the meantime, be sure to check out the evening meals being offered on the third Tuesday of each month at 5:00 PM, which also offer occasional entertainment and activities during or after the meal.

~ Kim Phillips, PSC Manager

## February Evening Meal to observe Black History Month

Tuesday, February 16

Join us for a special evening during Black History Month (BHM), as the PSC honors the history and heritage of African Americans. From 5:00 - 6:00 PM, savor a special Soul Food dinner that will include black-eyed peas, greens with smoked turkey, macaroni and cheese, and banana pudding. From 6:30 - 7:30 PM, sit back,

relax, and enjoy a special BHM program. (We're still working out some details so be sure check in at the PSC for more information!) The cost of dinner is \$10/person; the program is free and open to the public. Please call the Reception Desk at 329-4555 by February 12 to RSVP.

## Announcing "Teen Tech Tuesdays"

In the time it takes to watch a television commercial, technology can leap ahead to leave most of us in the dust. For those of us who watched an entire program, we 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 has attached to your device like an electronic leech?

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## Advisory Board

- Monifa Jumanne
- Ruth Ann Meyer
- Kathleen Mishler
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- Mary Lou Petrulio
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- Art Roberts
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## PSC Staff

- Parks, Recreation & Senior Citizen Services Director*
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- PSC Manager*
- Kim Phillips
- Administrative Asst.*
- Janet Gates
- Program & Volunteer Coordinator*
- Denita Demler
- Program Coordinator*
- Sonya Evans
- Receptionists*
- Morning:* Judy Grey
- Afternoon:* Dawn Shilts



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.

from page 2

There is help! Beginning on February 9, every Tuesday from 3:30 - 4:30 PM, teen volunteers will be available in the PSC lobby to assist you in the progression of becoming proficient with your electronic device. Appointments are not required, but feel free to call 329-4555 and let the receptionist know if you are coming to talk with a PSC Teen Tech.

### What is Methamphetamine?

Thursday, February 4, 1:30 PM

Open to the Public

Presenter: Sgt. Michael Collier,  
Portage Uniformed Narcotics Team

A presentation to provide information on the identification, manufacture, and hazards of methamphetamine and how to spot a methamphetamine manufacturing operation in your neighborhood. Register by noon on Monday, February 1.

### 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.

### Garden Talks for 2016

Tuesday, 6:30 - 8:30 PM

March 8, 15, 22, 29 and April 12, 19

Free to the Public

Series Presented by Schram's Greenhouse

Whether you are a seasoned gardener or a novice, you'll want to take a look at the presentations being covered in "Garden Talks." This is a weekly series of gardening topics with experts in all fields of horticulture. These are informal sessions for gardeners of all levels. It is educational and fun all at the same time. This program is free to the public and is offered by Schram's Greenhouse and the Portage Senior Center. Registration is recommended; contact Luba Schram at Schram's Greenhouse (269) 327-5347. Stop in at the end of February for a schedule of available speakers. If you are interested in attending the March 15 and/or the April 19 session, consider coming early to join us for dinner at the monthly Evening Meal!

### 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.



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### Reminiscence Writers Corner

Wednesday, 10:30 AM

Writing by Joyce Lander, student of Wilma Kahn  
Poems throughout my life: "What is a Nurse?"

*Someday I'm going to become a nurse. What does it mean to be a nurse? Does it mean more than wearing white shoes, white socks, and a white uniform? I wonder...*

*It seems like nurses are always in a hurry. They also worry about not having enough time. When you're a nurse, you have to plan a lot. You have to get ready for what's going to happen next. It must be sad not to go slow. Sometimes nurses move so fast, they miss all the really "nifty" things... like the good feeling you get when you take the time to talk with a lonely patient... Like the excitement you feel when a patient who has been very ill, is well enough to go home... like the feeling you get in the pit of your stomach when a newborn baby utters its first cry. When I become a nurse, I'm going to take time to notice the patients along the way.*

*I don't think nurses are supposed to cry, not even if they are hurting on the inside. I know they have tears because I saw one once, on a nurse's cheek, when one of her patients died. She didn't know that I saw it. I think she was nervous trying to figure out what to do with it. I wonder what happens to all the tears inside of nurses. Does the hurting part just stay inside them? When I'm a nurse, can I still ask someone to hold me when I'm afraid or when I'm sad? I guess being a nurse means hiding a lot of your inside thoughts and feelings. But I was told that becoming a nurse will help me to understand some of these feelings, so that I can benefit my patients.*

*Nurses are really a special kind of people. They are compassionate: which means they care about others. Because of this, they want to learn how to make others feel comfortable. A good nurse understands that little things can be important... like an understanding smile, a gentle hand, or sitting quietly with a troubled patient... just being there.*

*I'm afraid this is not going to be easy. I'll have to learn to stand tall and be responsible. I'm going to study hard so that I can be the best nurse I could possibly be. I am told I could grow deep as a person. Maybe I might even be a little more mature. But most of all, I will find out what it is to be me.*

### Travels with Mr. Lincoln

Tuesday, February 23, 6:30 – 7:30 PM

Open to the Public

Presenter: Chris Praedel

Chris Praedel, avid Lincoln enthusiast, will be sharing stories and pictures of his travels to historic Lincoln sites. His extensive knowledge will help you get to know the man behind the icon known as Lincoln. Register by Friday, February 19 at 329-4555.

### iPad Discussion Group

Thursday, March 15, 10:00 AM

Group Leader: Larry Smith.

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

### PSC Bike Club

Wednesday beginning May 2016, 8:30 AM

Group Leader: Bob Strader

The PSC Bike Club will return in May for their 2016 season. Their initial meeting for 2016 will be on Wednesday, April 27, 9:00 AM. This meeting will include an overview of rules for riders as well as the 2016 schedule.



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Advertisement for Okun Insurance, including contact information and a mention of a free Rand McNally Road Atlas.

## Let's Play Some Cards

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

The Portage Senior Center 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 Other Cards	6:30 PM
Wednesday:	Relaxed Pace Bridge	9:30 - 11:30 AM
	Euchre	1:45 - 4:45 PM
Thursday:	Pinochle Single Deck (1st, 3rd & 5th)	1:00 PM
Friday:	Pinochle Double Deck	1:00 PM
	Bridge (advanced level)	1:00 PM

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



## Seeking Donations

The PSC is seeking donations of "grown-up" coloring books and new (or gently used) colored pencils. Please ask a staff member if you have any questions, or need any additional information.



## 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. Deadline for registration is noon on Friday, April 22.

## It's a Mystery

**Cooking Demonstration**

**Thursday, February 4, 1:00 PM**

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

**Sponsor: MediLodge Portage**

Join Chef Roger from MediLodge of Portage (formerly TenderCare) for another outstanding cooking demonstration with a top secret theme! Thursday's demonstration will include recipes and taste testing. Registration deadline is noon on Monday, February 1.

## 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.



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## Big Screen Movie

**Monday, February 8, 1:15 PM**  
**"The Amish: How They Survive"**

The Amish live far outside the cultural mainstream. During the last century, they grew from 5,000 people inhabiting a handful of states, to 260,000 living in 28 states and one Canadian province. Preferring community to technology, the Amish live their lives in close fellowship with each other. Within their religious communities, everyone agrees on what technologies to adopt, what clothes to wear and what horse-powered transportation to drive. Learn how they have successfully responded to a tightening agricultural economy. Filmed in Ohio.

Not rated. Closed-captioned. 51 minutes. View the movie for free, 50 cents for popcorn.

## Big Screen Movie

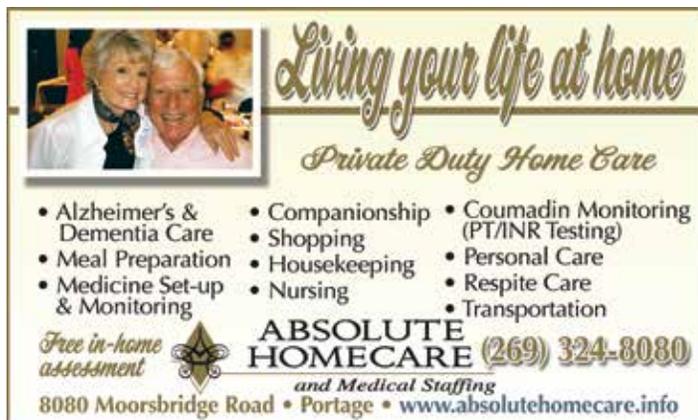
**Monday, March 14, 1:15 PM**  
**"Holy Ground: Worship and Praise with the Homecoming Friends"**

Come enjoy the musical gifts of the friends of gospel music legends Bill and Gloria Gaither. Twenty years ago, the Gaithers invited 150 of their talented friends to a reunion and recording session of such favorites as "In the Garden," "Because He Lives," "We've Come This Far by Faith," and, of course, "Holy Ground." Artists include The Cathedrals, Gary McSpadden, The Happy Goodmans, and Jessie Dixon. Come and sing along! Not rated. Closed-captioned. 90 minutes. View the movie for free, 50 cents for popcorn.

## 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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## PSC Band Schedule

Feb	DAY	TIME	LOCATION/ADDRESS
2	Tues	3:00	Rehearsal 320 Library Lane
9	Tues	2:30	Hope Woods 5749 Stadium Drive, Kalamazoo
16	Tues	2:30	Oakland Centre 2255 W. Centre Avenue, Portage
23	Tues	3:00	Directors Hall 600 Golden Drive, Kalamazoo
Mar	DAY	TIME	LOCATION/ADDRESS
1	Tues	3:00	Wyndham 2300 Portage Street, Kalamazoo
8	Tues	3:00	Rehearsal 320 Library Lane
15	Tues	2:30	Park Village Pines 2920 Crystal Lane, Kalamazoo
22	Tues	3:00	Wyndwood/Brookdale Assisted Living 3150 Old Centre Road, Portage
29	Tues	2:30	Sojourner Assisted Living 5364 Green Meadow Road, Kalamazoo



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### 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.

#### February

##### Dinner

Monday, February 1  
5:00 PM  
Old Country Buffet  
5220 W. Main  
Kalamazoo

##### Breakfast

Tuesday, February 9  
8:30 AM  
LaRue's Family Restaurant  
6375 Stadium Drive  
Oshtemo

##### Lunch

Thursday, February 18  
11:30 AM  
Panda Dynasty  
7716 S. Westnedge  
Portage

#### March

##### Dinner

Monday, March 1  
5:00 PM  
Chili's Grill & Bar  
6195 S. Westnedge  
Portage

##### Breakfast

Tuesday, March 8  
8:30 AM  
Rykse's Restaurant  
5924 Stadium Drive  
Kalamazoo

##### Lunch

Thursday, March 17  
11:30 AM  
Craftsman's Chop Company  
6905 Sears Drive  
Portage

### Garden Pals

**Monday, April 11, 10:30 AM**

**Group Leader: Joyce Tuinier**

The initial meeting of the Garden Pals for 2016 will be held on Monday, April 11. If you are interested in assisting with the enhancement and maintenance of our PSC garden areas, please join us. Thereafter, we will meet on the 2nd and 4th Mondays at 10:30 AM at the Center.

### Hand Chimes

**Thursday, 1:00 PM (ongoing)**

**Group Leaders: Freya Lake and Jeanne Fakler**  
**No Hand Chimes in February**

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.

### 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.

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

All fees listed as Member/Non-Member unless otherwise noted. Class schedules are subject to change and for more information on the classes or class schedules, please call 329-4555. Portage Senior Center accepts cash or checks for payment.

**Beginning Bridge**

**Part 1 – Bidding**

**Bids: From Openings to Slams**

**Wednesday, 2:00 – 4:00 PM**

**February 3, 10, 17, 24, March 2, 9 (6 weeks)**

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

**Instructor: Pat Brown, PSC Member**

**Part 2 – Play of Hand**

**From 1st Leads to Considering the Odds**

**Wednesday, 2:00 – 4:00 PM**

**March 16, 23, 30 (3 weeks)**

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

**Instructor: Pat Brown, PSC Member**

There is a lot to learn about Bridge, but our goal is to make it easy. You are invited to become involved with a great card game that can be both challenging and rewarding. Registration deadline is Friday, January 29 for Part 1 and Friday, March 11 for Part 2.

**Body Rebound**

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

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

**January 22 – March 16**

**March 18 – May 11**

**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**

**February 8 – March 23**

**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 8**

**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.

**Tai Chi**

**Tuesday, 8:30 - 9:30 AM,**

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

**January 19 – March 1**

**March 8 – April 19**

**Instructor: Ed Kehoe**

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

*Continued on page 9*

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Just east of Lovers Lane



from page 8

**Yoga – St. Catherine of Siena, Stanley Center**

**Tuesday, 1:00 - 2:30 PM,  
8 weeks, \$72 Member/\$82 Non-Member  
December 15 – February 9  
No class Dec 29  
February 16 – April 4  
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 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 it 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®**

**Friday, 9:20 – 10:20 AM  
8 Weeks, \$24 Member/\$34 Non-Member  
January 29 – March 18  
March 25 – May 13  
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**

**Portage YMCA, 2900 W. Centre Avenue  
Tuesday & Thursday, 11:00 AM – 12:00 PM  
Winter, January 5 – February 18  
Spring 1, February 23 – April 14  
\$68 PSC Members Only**

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

**OTHER CLASSES**

**Reminiscence Writing**

**Wednesday, 10:30 AM - 12:00 PM  
7 weeks, \$32 Member/\$42 Non-Member  
March 9 – April 20  
June 8 – July 20  
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 member’s work.

Continued on page 13



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**AARP Smart Driver Program**

**Thursday, March 3, 9:00 AM – 4:00 PM**  
**Fee: \$15 AARP Members/\$20 Non-Members AARP**  
**Instructor: Richard Baker**

This is a refresher course developed for older drivers. The course includes Driving Safety Strategies; State of Michigan Driver Regulations; Dealing with Trucks, Motorcycles, Bicycles and Aggressive Drivers; New Developments in Intersections; Road Signs, Lane Markings and Traffic Signals; Changes in Vehicle Safety Devices and Features; and more. Must present payment at time of registration (cash or checks payable to AARP Driver Safety Program). Class size is limited.

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

**PSC Book Club**

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

February: *Sound of Glass* by Karen White  
March: John Grisham Book to be announced  
Check the bulletin board under “Programs and Activities” for more information.

**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.

**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.

**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.

**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.

<b>Friday, February 12</b>	<b>Friday, March 11</b>
Time: 1:00 PM	Time: 1:00 PM
Event: Valentine’s Day Lunch	Event: The Art of Downsizing with Darlene Reitz
at Main Street Pub	Site: PSC
Site: 7509 S. Westnedge	Hosts: Louise S. & Jean P.
Host: Clara S.	

**Casino Trip**

**Four Winds Casino, New Buffalo**  
**Tuesday, March 22**

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 Hardings 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. \$20 Members, \$30 Non-Members.

**Goldentree is an adult community for those 55 years and older.**  
Here your neighbors might be your next best friend!

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**Goldentree Apartments**

**4795 E. Milham**  
South of I-94  
off Sprinkle

**327-4739**

**HOURS:**  
Mon-Fri  
9 am-5 pm

## Nursing Facility Transition Program

**Thursday, March 10, 11:00 AM**

**Sponsor: Disability Network**

Do you have a loved one, friend or neighbor currently residing in a nursing facility? Have they ever thought about leaving but don't know how? The Nursing Facility Transition (NFT) program may be able to help. The goal of the NFT Program is to provide individuals, regardless of their disability or age, the opportunity to choose community-based living as a viable alternative to nursing facility residency. Some of the support services that may be available through the NFT Program are:

- Exploring in-home care options and connecting with personal care chore provider services.
- Providing information on housing options and assisting with applications.
- Assisting with one-time moving expenses such as a security or utility deposit, housekeeping supplies and furniture.
- Connecting with community resources such as transportation and home delivered meals.

Register at the Reception Desk by Tuesday, March 8.

## Caring for the Caregiver

**Tuesday, February 9, 6:30 - 7:30 PM**

**Sponsor: Bronson Methodist Hospital and the Bronson Heart Failure Clinic**

**Free: Open to Public**

As the population ages, more caregiving is being provided by people who aren't healthcare professionals. These informal caregivers provide 80 percent of long-term care in the United States. Come learn about local resources, tools and support groups available. Legal matters will also be discussed, including advance directives, financial power of attorney and legal guardianship. The event will be led by Bethany Adams, MSW, from Bronson Methodist Hospital and the Bronson Heart Failure Clinic. To register, call (269) 341-7723 or go to [bronsonhealth.com/classes](http://bronsonhealth.com/classes). If you have questions, call (269) 341-8860.

## Indoor Walking at PPS

**Tuesday and Thursday, 1:30 PM - 2:30 PM**

**January 5 - March 17**

The Portage Senior Center has partnered with the Portage Public Schools to offer day-time indoor walking on Tuesdays and Thursdays at the Stable (the multi-purpose center behind Central Middle School). Only open to PSC members, PPS is opening their track for walkers two days a week from 1:30 PM - 2:30 PM. Curbside parking and an elevator are features of the Stable. Eight laps = 1 mile. Come and get healthy with us.

## Hearing Screenings

**3rd Tuesday, February 16 and April 19**

**9:00 - 11:00 AM**

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

## Stay Independent - Prevent Memory Loss

**2nd Thursday of every month**

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

**Session 1: February 11**

**Session 2: March 10**

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

**Instructor: Suzanne Gernaat**

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

## Massage Therapy

**1st and 3rd Monday**

**12:30 - 4:45 PM**

Do you suffer from a stiff neck or headaches? Sore back and shoulders? Is your body moving as well as it used to? Massage can help. Sign up for an appointment with our licensed massage therapist, Susan Walker. Appointments are \$20 for a half hour or \$40 for one hour. Payments are made directly to Susan in cash or check. Register with Susan at 269-377-9571.

## A Matter of Balance Class

**Fridays, 9:30 - 11:30 AM**

**8 weeks, February 5, 12, 19, 26, March 4, 11, 18 and April 1**

**No class Friday, March 25**

**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.

## 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.

### 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.

### Volunteer PSC Needlers

The PSC Needlers have been knitting and crocheting projects all year long. Here is a message we received from the YWCA of Kalamazoo: *Hello! I am the office manager at the YWCA of Kalamazoo and we recently received a donation of knitted infant jackets, sweaters, and hats. We were impressed by the quality of these knitted items and the cuteness of them as well! Our clients will appreciate the time and effort that obviously went into making these items. I hope you can pass this message along to the PSC Needlers that we are grateful they thought of us here at the YW. Thanks for all that you do!*

### The PSC Gardens

Perhaps you have noticed the additions to the Senior Center garden areas throughout 2015. This is due to the efforts of the Garden Pals, Kalamazoo in Bloom, the City of Portage, volunteers from Stryker Corporation and our participation in Wenke's Good Neighbor Days Program. To provide curb appeal, beds were established in front of the building adding flowering shrubs, perennials, containers with annuals and the rabbit and fox topiaries. Additional bed areas were established in the patio area making it a garden paradise for all to enjoy. The lower garden area was expanded and displayed a variety of annuals and perennials that flourished throughout the season. Visitors to the area included deer, rabbits, dragonflies and butterflies. There are more plans for the coming year but it takes the efforts of volunteers to make it happen. Please consider volunteering for this worthy cause.

### 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.



## FREE HEALTH PROGRAMS

**Caring for the Caregiver**  
WEDNESDAY, FEBRUARY 9  
6:30 - 7:30 P.M.

As the population ages, more caregiving is being provided by people who aren't healthcare professionals. Join Bethany Adams, MSW, to learn about local resources, tools and support groups available.



**Bethany Adams, MSW**

**It's All About Treatment for Hands, Wrists and Elbows**  
WEDNESDAY, MARCH 16  
6:30 - 7:30 P.M.

Find out some common causes of pain, including carpal tunnel, trigger finger, arthritis, lumps and more!



**Amy R. Woznick, MD**

These programs will be at the **Portage Senior Center, 320 Library Lane, Portage.**

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



**Endowment Fund  
(Between October 19  
and December 28, 2015)**

Andrew & Pat Brogowicz  
Tom & Kathy Vance  
Mary Lou Sanderson

**In Memorial  
(Between October 19  
and December 28, 2015)**

Chet and Jo Arnold  
*in memory of  
Jackie Bielski*  
Pat Brown *in memory of  
Beverly Evers*  
PSC Needlers *in memory of  
Wava Slater*  
Dorothy Schultz *in memory  
of Michael Hecke*

**Friends of the Portage  
Senior Center & PSC  
(Between October 19  
and December 28, 2015)**

Anthony & Bonnie Kovach  
Hugh & Sherry Johnson  
John & Pat Berninger  
Cloyd & Ellen Holt  
Clyde & Marian  
Swearingen  
Karl Westra *in memory of  
Florence-Barwey and  
John Westra*  
Herbert & Florence White  
Andrew & Pat Brogowicz  
Ophelia Bryant  
Thelma Burrell  
David & Victoria Clapp  
Linda Furtaw  
Thomas & Martha Kakuk  
Shirley Kury  
Lola Leder  
Robert Musselman  
*in memory of  
Ronald Mursch*  
Vera Ostlund  
Betsy Roellchen  
Thomas Simon *in memory  
of Helen Simon*  
Stanley & Pauline  
Sokolowski  
Daniel & Denise Trainer  
Marilyn Waggoner  
Sharon Grube  
Harold & Shirley Ray  
*in memory of Cam &  
Millie Lambe*

Wayne & Imogene Berger  
Teresa Brough  
Linda Bunnell  
Ilene Carley  
Kay Decker  
Josephine Elliott *in  
memory  
of George & Elizabeth  
Woog*  
John & Beverly Folz  
Patricia Gherardi  
Bob & Carla Hannemann  
William Hoffman  
Ellen Holt  
James Hoppe *in memory of  
Pamela Hoppe*  
Jeanne Kennedy  
Jeanne Laker-Wenz  
Bert & Barbara Murphy  
Dale & Kathy Peerbolte  
Robert & Ann Perkins  
John Peters  
Mary Lou Petrulio  
Bhadra Shah  
Joyce Steeby  
Catherine Stevens  
Edward Stob  
Dorothy Barstow  
Shirley Bumgardner  
Roy Crego *in memory of  
Priscilla Crego*  
Iola Dunsmore  
Bob & Sandy Erikson  
Richard & Christiane Ertz  
Heather Ingram  
Helen Lovin *in honor of  
Nancy & Bill Stone*  
William & Gerrie Peet  
Howard & Georgia Potrude  
LuElla Shader  
Ted Vliek  
Brian & Alexandria Lueth  
William & Andrea Deming  
Phyllis Barents  
Jack & Anna Stryd  
Barbara Lewis

**Welcome New Members:**

*Between October 19 and December 28, 2015*

Gail Leonard  
Lynn Mohny  
Marna Prine  
Sharron Schaafsma  
Don & Fay Lawler  
Connie Sargent  
Art & Nancy Charlier  
Norma Logan  
Shelia Havard  
Barbara Davis  
Georgetta Tober  
Willabelle Compton  
Adolph & Franilyn Lubic  
Barbara Karn  
Charles & Linda Vreeland  
Linda Pape  
Robert Henicky  
Thomas & Kenlynn Miller  
Sheila Munro  
Sharon Nelson  
Anne Grandstaff  
Abu Zafar  
Mary Michaels

Charlotte Kelley  
Nick Lam  
Doug Dykehouse  
Elma Maye  
Betty Stallard  
Judy Thicksen  
Doris McKinnon  
Alice Wanchope  
Phyllis Westerman  
Carolyn Curtis  
Edward Booker  
Candace Penn  
Susan Colon  
Beverly Rockrohr

**All Ears Theatre**

**2016 Upcoming Shows**

FEB 6 - Faith's Nuggets  
FEB 20 - Sorry Wrong Number  
MAR 5 - Sherlock Holmes and A Case of Identity  
MAR 19 - Ozma of Oz (2 part presentation)

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](http://KalamazooArts.org)

Funding provided by  
*Dorothy S. Silsbee*  
FOUNDATION

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arts council  
of greater kalamazoo

t f

### FUN 2016 DAY-TRIP OUTINGS!

#### Thirsty Village Tour – Cabin Fever Remedy . . .

Saugatuck, MI

**Thursday, March 24, 2016**

Think spring! While making Thirsty Village stops at a winery, brewery and hard cider cellar, our step-on guide will share a bit of history, folklore and insight into the Fennville and Douglas areas. This trip includes a docent guide through historical schoolhouse/museum and an indoor scavenger hunt among thousands of antiques.

Member: \$103      Non-Member: \$113

#### Magic of Neil Diamond . . . Zehnder's,

Frankenmuth, MI

**Friday, April 8, 2016**

Experience the magic of Neil Diamond as presented by the impersonator preferred above all others! Tom Sadge has been bringing the look, sound and feel of Neil Diamond to audiences across the U.S., Canada and Europe since 1996. Lunch included at Zehnder's.

*Sign up by Feb. 26 to ensure your seat.*

Member: \$110      Non-Member: \$120

#### The Home Game . . . Blue Gate Theatre,

Shipshewana, IN

**Friday, April 15, 2016**

This special treat is the Blue Gate's newest musical, *The Home Game – A Son's Journey, A Father's Hope*. Enjoy a show filled with laughter and drama centered on Levi Troyer, son of a dedicated father whose expectations are that his son follow in his footsteps rather than pursue his love of baseball. A family style meal is included after the show.

*Sign up by February 29 to ensure your seat.*

Member: \$90      Non-Member: \$100

#### 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 at Trader Joes. We'll enjoy lunch at Arnie's, and then stop at Hardner Warner Landscaping & Garden Center to create a take home planter! Get a taste of spring on this economical adventure packed with plusses!

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 26 to ensure your seat.*

Member: \$125      Non-Member: \$135

#### **NEW!**

#### 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 26 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 10 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, grave sites, railroad stations, a camelback bridge, featherbone factory, 1911 highway and more!

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! 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 sightseeing, 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 starts at \$1,149 per person (double). Deposit \$100

**Consider Cleveland.** . . Cleveland and Akron, OH

**June 28-30, 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

**NEW!**

**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 \$3249, 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 \$5199, per person (double); Deposit \$600



**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. *\$100 discount for bookings prior to March 14, 2016.*

SPONSOR: COLLETTE

Price starts at \$4379 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 \$3379 per person (double); Deposit \$250

*Details will be coming out soon for our baseball trips! Watch for news at the PSC!*

***SAVE THE DATE for a trip to New York City***

***Oct. 13-17, 2016!***

We are taking names and phone numbers of those interested in this trip "under construction". Call the Trip Office at 324-9239.

## PSC Volunteers

Did you know...we currently have 250 volunteers at the PSC? As of November 30, 176 active volunteers amassed a total of 1,751 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.

## Quarterly Volunteer Orientation

**Tuesday, February 9, 10:00 AM**

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

## 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!

## Over 50 Softball League

Portage Parks & Recreation Department organizes a softball league for adults over 50 years old in the spring. League play will begin late April and continue into late July. A minimum of four teams are required for league play. Teams for the Over 50 League will be accepted on a first-come basis as there may be a limit to the number of teams accepted. The 2016 team fee is \$660. Fees include game balls, umpires, field preparation, trophies, ASA registration and administrative services. For more information, contact the Portage Park and Recreation office at (269) 329-5422.



(269) 382-3355 PHONE  
(269) 276-0048 FAX

[www.StayHomeCompanions.com](http://www.StayHomeCompanions.com)

**Stay Home**  
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In-Home Assistance  
Keeping the quality of life at home.

**Christine Elliott**  
Business Manager  
[christine@stayhomecompanions.com](mailto:christine@stayhomecompanions.com)

## 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.

## 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. In the fall and winter, they meet at the Crossroads Mall Food Court at the Carousel.

## Trip Committee Volunteers

If you've traveled with PSC you have met some of our Trip Committee volunteers. You may not be aware of the efforts put forth by these volunteers behind the scenes. There are several jobs that they fulfill. They are the friendly face you see in the trip office on Tuesdays and Fridays when staff are available to make trip reservations and answer questions. Some provide clerical assistance with record-keeping, create flyers and itineraries, and most escort trips. In addition, some trip volunteers are on the Research Committee to research and plan trips.

Our research volunteers spend many hours reviewing articles and websites, making phone calls, and sometimes visiting locations for future trips. For example, for the upcoming "Consider Cleveland" trip in June 2016, Judy Ludens visited the area. Judy can personally attest to the "gorgeous house and grounds" of Stan Hywet, co-founder of The Goodyear Tire & Rubber Company. Another example is when Joyce Branch scouts out unique places to see on her popular mystery trips. If you are interested in being a Trip Committee volunteer please fill out an application which can be obtained by stopping by the Trip Office or calling 324-9239 to request that one be sent to you. Applications are accepted once a year beginning on March 1 until the third Monday in April.

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.**

## 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, at noon! Call 329-4555 to save your seat.

## PSC Cancellation/Closure Policy

Classes and events at the PSC are canceled when Portage Public Schools are closed due to weather conditions. Please listen to local TV/radio stations for this news.



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



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

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

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

**Services are coordinated by CentraCare to:**

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

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

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

445 W. Michigan Avenue, Kalamazoo

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