

Portage Senior Center October 2016 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1
5:00 PM Dining Out Club, The Crew on Cork Street 1:00 PM Cooking Demonstration, All About Pumpkins 3	9:30:00 2016 Senior & Caregiver Expo at Kalamazoo County Expo Center 4	Loaves & Fishes Bag Collection 5 <div style="border: 1px solid black; padding: 2px; text-align: center;"><i>Trip: Fall Fun Mystery</i></div>	11:30 AM Fall Fest with PSC Hand Chimes 6 1:30 PM Steve Ellis, <i>A Blast from the Past</i> Loaves & Fishes Bag Collection 4:00 PM Aging Mastery Program Informational Meeting	9:00 AM Loaves & Fishes Bag Folding 7
1:15 PM Big Screen Movie, <i>The Confession</i> 10	8:30 AM Dining Out Club, East Egg on Sears Drive 11 6:30 PM Bronson, <i>Are You At Risk for Colon Cancer</i> 10:00 AM Volunteer Orientation	12	9-11:00 AM Blood Pressure Clinic 13 3-4:30 PM Aging Mastery Program Begins	14
Fall Trip Preview "Open House" 2-6:00 PM 17	8:00 AM Friends of the PSC Board 18 9-11:00 AM Hearing Screening 5:00 PM Heritage Dinner Series	9:00 AM AARP Smart Driver 19 2:30 PM PSC Advisory Board	11:30 AM Dining Out Club at Summer Thyme on Portage Road 20 1:00 PM TED Talks, <i>Body Language</i>	21
1:30 PM Senior Services & RSVP, <i>Peer Prevention Players</i> 24	10:00 AM <i>Legal Issues Affecting Seniors</i> , Elder Law Center 25 6:30 PM Bronson, <i>Is It Only a Memory Issue</i>	26	11:30 AM Halloween Lunch 27 1:00 Diabetes Education presentation	

An asterisk (*) denotes the beginning of class session. Items in **bold** denote events or new items.

Portage Senior Center November 2016 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1	1:30 PM Diabetes PATH Workshop Loaves & Fishes Bag Collection 2	Loaves & Fishes Bag Collection 3 <div style="border: 1px solid black; padding: 2px; text-align: center;"><i>Trip: Jump on the Jingle Bus</i></div>	9:00 AM Loaves & Fishes Bag Folding 4 <hr/> 5 9:00 - 2:00 PM Annual Holiday Bazaar & Bake Sale 8:00 PM Miller Auditorium, Ray Charles, Motown & Beyond
5:00 PM Out-to-Dinner at Hunan Gardens on West Q Ave. 7	8:30 AM Out-to-Breakfast at Nina's Café on West Main Street Presidential Voting Precinct in MPR 8	1:30 PM Diabetes PATH Workshop 9	9-11:00 AM Blood Pressure Clinic 10	11
1:15 PM Big Screen Movie, <i>A Place Called Home</i> 5:30 PM Phone & Email Scams 14 <div style="border: 1px solid black; padding: 2px; text-align: center;"><i>Trip: Christmas with the In-Laws</i></div>	8:00 AM Friends of the PSC Board 15 5:00 PM Heritage Dinner Series 10:00 AM iPad Discussion Group	1:30 PM Diabetes PATH Workshop 16 2:30 PM Advisory Board <div style="border: 1px solid black; padding: 2px; text-align: center;"><i>Trip: It's a Wonderful Life</i></div>	11:30 AM Thanksgiving Lunch 17 1:00 TED Talks, <i>Zen and the Art of Craft Beer</i>	18
3:00 PM WMU Prof Talk, <i>Sustainable Craft Brewing</i> 21	6:30 PM Bronson, <i>Understanding & Managing Diabetes</i> 22	23	24	25
28	6:30 PM Bronson, <i>Heart Healthy Appetizers That Taste Good</i> 29	30	Thursday & Friday, Nov. 24 & 25, closed in observance of Thanksgiving	

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This page is intended to give a brief look at all classes and activities occurring at the Portage Senior Center on a given day of the week this month. Please check the calendar page for the start date of classes and fees. Activities and classes are open to all members. Please check with the receptionist for further information.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:10 Enhance Fitness 9:20 Drums Alive 9:30-11:30 Relaxed Pace Bridge 10:00 Trip Committee (3rd) 10:00 Book Club (2nd) 10:00 Garden Pals (2nd) 10:00-12:00 Computer Tutoring 10:30 Body Rebound 12:30 - 4:45 Massage (1st & 3rd) 1:00 Art Open Session 1:15 Big Screen Movie (2nd) 1:30 Cribbage 1:00 Canasta 3:30-4:45 Ping Pong 5:00 Out to Dinner (1st)</p>	<p>8:30 Out to Breakfast (2nd) 8:30-9:30 Tai Ji 9:00 Van Shopping 9:30 Walkers with Walkers PBCT (Portage Bicentennial Trail) 9:45 Wii Bowling 10:30-12N Recycled Cards (1st, 3rd, & 4th) 11:00 SilverSneakers Splash 12:30-4:30 Billiards 12:30 Bridge (Advanced) 1:00 Mah-Jongg 1-2:30 Yoga 1-3:00 Woodcarving 1:00 Chair Volleyball 1:30-2:30 Indoor Walking at PPS 3-4:30 Band Practice 6:30 Bid Euchre 6-9:00 PM Just for Fun Poker (2nd) 7:00 Alzheimer's Association Support Group (3rd)</p>	<p>8:10 Enhance Fitness 8:30 PSC Bike Club 9:00 Van Shopping 9:20 Drums Alive 9:30-11:30 Relaxed Pace Bridge 10:00 Laptop Intro. to Office 10:30 Reminiscence Writing 10:30 Body Rebound 1:00-2:00 Coloring (1st, 3rd, & 5th) 1:45-4:45 Euchre 2:00 Readers Theatre (2nd & 4th) 3:30-4:30 Teen Tech (2nd)</p>	<p>9-11:00 Blood Pressure Clinic (2nd) 9-12:00 PSC Needlers 9:00 Van Shopping 9:30 Choir Practice 9:30 Walkers with Walkers 11:00 SilverSneakers Splash 11:30 Out to Lunch (3rd) 12:30 - 4:45 Billiards 1:00 Pinochle Single Deck 1:00 Hand Chimes 1:00 Healthy Brain Club (2nd) 1:30-2:30 Indoor Walking at PPS 3:30-4:45 Ping Pong 5:30-6:30 Chair Yoga</p>	<p>8:10 Enhance Fitness 9:20 Zumba 10:30 Body Rebound 12:30-4:45 Billiards 1:00 Pinochle Double Deck (1st, 3rd, & 5th) 1:00 Sisterhood (2nd) 1:00 Scrabble (1st & 3rd) 1:00 Bridge (Advanced) 1:00 Dominoes (2nd & 4th) 1:00-4:00 Quilting and More</p>
<p>Please note that participants are asked to vacate the premises by 4:45, allowing staff time for site security, room and window checks, and alarm programming. Evening activities held at 5:00 or after do not alter daily activity end times.</p>		<p>Wish List Dollar store - 84 inch white round plastic tablecloths Hand sanitizers & disinfecting wipes for various rooms</p>		