

Portage Senior Center Newsletter

Oct/Nov 2016



Annual Holiday Bake Sale and Bazaar

Featuring PSC Soup Café

Saturday, November 5
9:00 AM – 2:00 PM

Open to the Public

Homemade baked goods, seasonal crafts from independent vendors, and soup from the PSC Soup Café will be for sale at this annual holiday event sponsored by the PSC. Admission is free and does not require advance registration. If you are interested in donating a homemade baked good or being a vendor at this event see the Receptionist or call (269) 329-4555.

Fall Fest with the PSC Hand Chimes

Thursday, October 6

11:30 AM Entertainment

11:45 AM Lunch

\$5 Lunch Reservation

Sign up now for this special event showcasing the remarkable talent of

our own PSC Hand Chimes Group who will entertain us with a collection of melodies before lunch. Thank you to Brookdale Senior Living - Clare Bridge of Portage for

sponsoring this event with decorations and prizes. Lunch is prepared by Chef Roger of MediLodge of Portage. Registration deadline is noon on Monday, October 3.



Halloween Lunch

Thursday, October 27

11:30 AM Entertainment

11:45 AM Lunch

\$5 Lunch Reservation

Celebrate Halloween with old and new friends! Come join us for lunch prepared by Chef Roger of MediLodge of Portage. We will have entertainment, decorations and prizes provided by our sponsor, Angels Care Home Health. Registration deadline is noon on Monday, October 24.

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Thanksgiving Lunch

Thursday, November 17

11:30 AM Entertainment

11:45 AM Lunch

\$5 Lunch Reservation

Come and give thanks as we celebrate with our annual Thanksgiving Day lunch, prepared by Chef Roger of MediLodge of Portage. We will have entertainment, decorations and prizes provided by our sponsor, Absolute Home Care and Medical Staffing. Registration deadline is noon on Monday, November 14.



Message from the Manager...

PSC HELPING OLDER ADULTS MASTER AGING

The PSC is pleased to announce that we are the first in Kalamazoo County to offer an innovative new ten-week health and wellness program to residents 50 and over. The Aging Mastery Program® (AMP) was developed by the National Council on Aging (NCOA) and has been successful at helping older adults build their own playbook for aging well. Portage Senior Center is one of two organizations in Michigan selected to offer AMP.

This is a wonderful opportunity for older adults to participate in, and reap the benefits of, this cutting edge program. We are currently recruiting 30 adults, ages 50+ to participate in the ten-week educational program.

AMP is a fun, innovative, and person-centered education program that empowers participants to embrace their gift of longevity by spending more time each day doing things that are good

for themselves and for others. The program encourages mastery—developing sustainable behaviors across many dimensions that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation.

We will host an informational meeting on Thursday, October 6 at 4:00PM at the Portage Senior Center, located at 320 Library Lane. Details on the first AMP series are listed below.

Thanks to the generous underwriting of Heritage Community, we have been able to bring this impactful program to the Portage Senior Center.

If you are interested in learning more about the program, call Dawn Shilts at 269-324-9239. If this program piques your interest, stop by or call to learn more. Hope to see you on October 6.

Aging Mastery Program

Thursday, 3:00 – 4:30 PM

October 13 – December 22

No class November 24

Fee: \$100 – SPECIAL FEE \$30 for this inaugural program

AMP is a nationwide effort designed by the National Council on Aging that offers an innovative approach to guide individuals through this phase of life. This comprehensive and fun approach to aging well encourages people to take actions to enhance their lives as they grow older. Central to the AMP philosophy is the belief that modest lifestyle changes can produce big results and that people can be empowered and supported to cultivate health and longevity. Equally important, the program encourages mastery – developing sustainable behaviors over time.

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.

Thank You PSC Garden Pals – PSC Certified as Monarch Waystation

Each fall, hundreds of millions of monarch butterflies migrate from the United States and Canada to overwintering areas in Mexico and California where they wait out the winter until conditions favor a return flight in the spring. The monarch migration is truly one of the world's greatest natural wonders, yet it is threatened by habitat loss in North America.

Thanks to the dedication and talents of the Garden Pals Gardening Club, the improvements to the PSC landscaping have offered a haven for Monarch butterflies as they migrate. Because of this, the PSC has been officially recognized as a Monarch Waystation by the Monarch Waystation Program.

Thank you to the PSC garden volunteers for their continued dedication to improvement of the PSC grounds. Not only is it beautiful to look at, but it is having a positive impact on our environment as well!

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Morning: Judy Grey
Afternoon: Greta Jenkins



Have you checked us out on Facebook? Daily updates make the PSC Facebook page a regular stopping place for your neighbors, kids and grandkids! What are we telling them about the PSC and our members? Check it out and let us know what you think!

<https://www.facebook.com/portageseniorcentermi>

Accredited by 
National Institute of Senior Centers

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

Prof Talks WMU

It's time to go back to school! Join us for an interactive series of special presentations from local WMU faculty. Thanks to the Wisier Financial Group for sponsoring these great educational opportunities. Please RSVP for any of the topics below by calling the PSC Reception Desk. All sessions are free and open to the public.



Prof Talks WMU

Monday, November 21, 3:00 – 4:00 PM

Sustainable Craft Brewing Program

Presenter: Dr. Steve Bertman, Professor of Chemistry

Prof Talks WMU

Monday, January 16, 3:00 – 4:00 PM

Freshwater studies and protecting the Great Lakes

Dr. Steve Kohler, Environmental Studies Program

Prof Talks WMU

Monday, March 20, 3:00 – 4:00 PM

Kalamazoo and the Civil War

Sharon Carlson, Zhang Legacy Center, Archives and Regional History Collections Director, Librarian

Ray Charles, Motown & Beyond!

Saturday, November 5, 8:00 PM

Miller Auditorium

\$3 Van Registration

Thanks to the generosity of Friendship Village, we have a very special opportunity. Join us as we take a ride over to Miller Auditorium to enjoy the Kalamazoo Symphony Orchestra. They will be presenting *Ray Charles, Motown & Beyond*. Ellis Hall, Ray Charles' only formal protégé, joins the stage for an unforgettable evening of Ray Charles' classics, and more. Hear the living legacy of *The Genius of Soul*, singing and playing the Hammond Organ. Transportation will be provided. We will depart the Portage Senior Center at 7:15 PM. But here's the catch – tickets are limited and available on a first come, first served basis. Register at the Reception Desk.

A Blast from the Past!

Thursday, October 6, 1:30 PM

Presenter: Steve Ellis

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



Life on your terms!

At Friendship Village, you can develop new relationships while retaining the privacy you enjoy.

Dine with your neighbors and family in one of our campus restaurants, or use your newly upgraded apartment kitchen.

Remain active in your own volunteer and social interests, or engage in our many activities, outings, lectures and concerts. Live with certainty that if your care needs change, you have priority access to our **full continuum of care**.

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Phone, Mail & E-scams

Presented by the Office of the Attorney General
Monday, November 14, 5:30 – 7:00PM

Free and Open to the Public

Sponsored by StoryPoint of Portage

This presentation will cover the telltale signs of scams found through phone calls, mail, email and texts. Learn how to minimize your risk of being scammed. A Portage Public Safety Officer will also be on-hand to provide information regarding local scams and concerns to be aware of. Refreshments provided courtesy of StoryPoint of Portage.

Cooking Demonstration

All About Pumpkins

Monday, October 3, 1:00 PM

Fee: \$3 members/\$6 non-members

Did you know a pumpkin is really a squash? It is! It's a member of the Cucurbita family which includes squash and cucumbers. Come join Chef Roger of MediLodge as we explore the world of pumpkins. Demonstration will include taste testing and recipes. Register at the Reception Desk.

Heritage Dinner Series

3rd Tuesday, 5:00 PM – 6:30 PM

October 18: Menu TBA

November 15: Menu TBA

Open to the Public

Plan to join us for these popular evening meals. Participants can request their meals "to go" when making their reservation(s). Reservations are requested no later than one day prior to the day the meals take place. These special dinners are available for \$10.00 and include a main entrée, sides, dessert and beverage.

New Member Meet & Eat

Thursday, December 8

9:00 – 10:30 AM

FREE

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. Register at the Reception Desk.



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Legal Issues Affecting Seniors

Tuesday, October 25, 10:00 AM

Presenter: Michael B. Walling, PLC

The Elder Law Center will discuss legal issues affecting seniors including topics on wills, trusts, powers of attorney, asset preservation for nursing home care, probate and trust administration and guardianship/conservatorships. What every senior and their family should know about the law. Refreshments will be provided. Register at the Reception Desk by Friday, October 21.

TED Talks

Thursday, October 20 and November 17

1:00 – 2:00 PM

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

**October: Can you tell if a kid is lying?
Your body language shapes who you are.**

**November: Zen & The Art of Craft Beer
Nature and Nurture of Beer**



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Flu + You!

PSC Participates in First-Ever Flu Shot Challenge

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

As part of a national *Flu + You* education program, the PSC is participating in a national *Flu Shot Challenge* to increase Influenza awareness and encourage immunizations. We will be asking PSC members to let us know when they get their flu shots. Whether you get the shot at a PSC flu shot clinic, or with your own doctor, we want to know. This information will get compiled into a report used to enter the PSC into a contest between senior centers for the highest percentage of reported flu shots in hopes of winning funds to support PSC programs.

Healthy Brain Club (formerly Memory Club)

2nd Thursday of every month

1:00 - 2:30 PM

Session 1: October 13

Session 2: November 10

Per Session Fee: \$7 members/\$9 non-members

Instructor: Suzanne Gernaat

My Brain Is Strong and Healthy: Using new research to increase your brain health, memory power and focus.

Your brain is the most important organ of your entire body. It has been stated "without brain health, we don't have health." Our brain controls and monitors every function of our entire body 24/7. It is a powerful and complex machine that we often take for granted. Obtain the ultimate guide for keeping your brain healthy for your entire lifetime. Develop a personal plan of action with simple, step-by-step everyday changes that can make such a difference. Each monthly session will give you current, reliable research and provide useful ways to keep your brain strong. Register at the Reception Desk.

Peer Prevention Players Comedy Show

Monday, October 24, 1:30 PM

It's time to get funny! Peer Prevention Players will present funny skits, poems and songs with excellent messages about senior health and safety. Peer Prevention Players is a program of RSVP, *Your Invitation to Volunteer*, and part of Senior Services of Southwest Michigan. Their mission is to promote healthy aging through laughter and awareness of common issues facing older adults. This is a talented comedy troupe of older adult volunteers dedicated to their mission and poking fun at the challenges of getting older. Come enjoy the show, have a laugh and learn something too. Register at the Reception Desk.

Let's Play Some Cards

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

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

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

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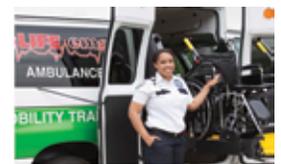
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Teen Tech Wednesdays

Wednesday (2nd), October 12 and November 9
3:30 - 4:30 PM

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

Art Open Session

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

This open session offers beginning and accomplished artists of all mediums the chance to get together once a week and share their creativity with like-minded individuals. Bring your own supplies and enjoy the fellowship.

Band Schedule

OCT	DAY	TIME	LOCATION/ADDRESS
4	Tues	3:00 PM	Rehearsal, 320 Library Lane
11	Tues	3:00 PM	Bickford Cottage 4707 W. Milham, Portage
18	Tues	2:30 PM	Borgess Gardens 3057 Gull Rd., Kalamazoo
25	Tues	2:30 PM	Spring Valley Crossing 2535 Mt. Olivet Rd., Kalamazoo
NOV	DAY	TIME	LOCATION/ADDRESS
1	Tues	3:00 PM	Rehearsal, 320 Library Lane
8	Tues	2:30 PM	Wyndham West Apts. 2400 Portage St., Kalamazoo (enter off of Phillips St.)
15	Tues	2:30 PM	Heartland Health Care 3625 W. Michigan Ave., Kalamazoo
22	Tues	3:00 PM	The Fountains 1700 Bronson Way, Kalamazoo
29	Tues	3:00 PM	Rehearsal, 320 Library Lane

Big Screen Movie

Monday, October 10, 1:15 PM
The Confession

Raised by an Amish family, Katie Lapp (Katie Leclerc) always felt the call of another life. Now, her quest to find her birth mother (Sherry Stringfield) has drawn her into the world of the "Englishers." Along the way she encounters a devious scheme to rob her of her inheritance, and her childhood sweetheart makes great sacrifices for her future happiness.

Not rated. Closed-captioned. 88 minutes. View the movie for free. 50 cents for popcorn.

Big Screen Movie

Monday, November 14, 1:15 PM
A Place Called Home

Ann-Margret stars as Tula Jeeters, a widowed belle who is losing her sight, yet begins to see more clearly than ever before. When Billie and Dave, her greedy niece and nephew, try to force her out of her house, Tula takes in father-daughter drifters Hank and Cali Ford to help her run the place. Billie and Dave soon learn they hadn't counted on Tula's newfound independence.

Not rated or closed-captioned. 88 minutes. View the movie for free. 50 cents for popcorn.



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Community Service Van (CSV)

Transportation to PSC and Grocery Shopping

The PSC CSV transportation program is available to all Portage residents 50 years of age and older. Transportation is available Monday through Friday from 8:45 AM until 1:00 PM. Reservations are made the previous day by calling 329-4555. Transportation for grocery shopping is available on Tuesday, Wednesday and Thursday to the Meijer store on Shaver Road. A donation of \$3.50 for each round trip is recommended and may be given to the driver at the end of each ride.

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.

Garden Pals

2nd Monday, 10:00 AM

Group Leader: Joyce Tuinier

The goal of this group is to maintain and improve our PSC garden areas for all to enjoy. All gardening enthusiasts are invited to volunteer an hour or two each week to assist in this endeavor. Participants keep in touch with one another, and work in the gardens when time permits, often alone, but sometimes as a group. Activities include a coffee chat or bag lunch gathering in the garden area during the warm months.

On September 12, the Garden Pals officially formed a garden club and submitted their application to join the Michigan Garden Club. Members of the PSC are now invited to join the Club or attend as guests. Monthly meetings occur on the second Monday of each month at 10:00 AM at PSC. Meetings will include speakers, projects, info sharing and refreshments. The PSC gardens will continue to be maintained by members of the Civic Projects Committee. Watch for meeting agenda posted on the bulletin board.

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.

October

Dinner

Monday, October 3

5:00 PM

The Crew

3810 E. Cork St.

Kalamazoo

Breakfast

Tuesday, October 11

8:30 AM

East Egg

6907 Sears Drive

Portage

Lunch

Thursday, October 20

11:30 AM

Summer Thyme

3928 Portage Rd., Portage

November

Dinner

Monday, November 7

5:00 PM

Hunan Gardens

7157 West Q Ave., Texas

Corners, Kalamazoo

Breakfast

Tuesday, November 8

8:30 AM

Nina's Cafe

1710 West Main St.,

Kalamazoo

Lunch

No lunch scheduled.

Book Club

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

Group Leader: Ann Perkins

October:

The Girl Who Wrote in Silk by Kelli Estes

November:

Boys in the Boat by Daniel James Brown

December:

The Rainbow Comes and Goes by Anderson Cooper and Gloria Vanderbilt

January:

Ordinary Grace by William Krueger

This group meets to discuss a book that they have read and express their opinions and observations. November's meeting will begin at 9:30 AM with a speaker from the Portage District Library on how to use their website. Check the bulletin board under *Programs and Activities* for more information.

PSC Kazoos of the Red Hat Society

Queen Bee: Marie Tucker

This chapter of Red Hatters calls itself the PSC Kazoos. All you need to join this merry group is a sense of humor, a PSC membership, five dollars, and the desire to have fun! A message from Queen of the PSC Red Hat Kazoos, Marie Tucker: *A very special meeting of all of the Red Hatters will be held on Tuesday, October 25. It is Everyone's Birthday Party. There will be gifts, a table of red items for a silent auction, games and food. Please call if you are interested and not a Red Hatter yet. All of the current Red Hatter's will be receiving an informational letter in early October. Marie's phone number is (269) 375-2104.*



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Classes

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

Body Rebound (ongoing)

Monday-Wednesday-Friday, 10:30 - 11:30 AM
8 weeks, \$42 Member/\$52 Non-Member
August 12 - October 7
October 12 - December 7
No class November 25

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.

Chair Yoga (ongoing)

Thursday, 5:30 - 6:30 PM
6 weeks, \$42 Member/\$52 Non-Member
October 6 - November 10
November 17 - December 29

Instructor: Leslie Neuman

Chair Yoga is a gentle form of Yoga that helps those who are uncomfortable getting up and down on a mat. It uses simple movements, breathing and relaxation exercises to impart all the benefits of yoga: improved stability, strength, flexibility and relaxation. Classes are based on the interest and abilities of the group. Minimum participants: 5

Drums Alive (ongoing)

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

Instructor: Helene Thompson

Discover the drummer in you! Drums Alive combines traditional aerobic movement with the powerful beat and rhythms of drumming for an amazing body and brain workout. Instead of beating on a drum, however, you

will whack a large exercise ball with a pair of drumsticks (equipment is provided or you may bring your own). A one-hour class offers a fast-paced workout that can burn up to 400 calories. Minimum participants: 7

Enhance Fitness (ongoing)

Monday-Wednesday-Friday, 8:10 - 9:10 AM
8 weeks, \$42 Member/\$52 Non-Member
October 12 - December 7
No class November 25

Instructor: Deb Snell

Developed at the University of Washington in Seattle, this class is a safe and effective program for seniors with a wide range of physical abilities. The class includes strength training using hand and ankle weights, low-impact aerobics, balance and stretching.

T'ai Ji (ongoing)

Tuesday, 8:30 - 9:30 AM
7 weeks, \$42 Member/\$52 Non-Member
August 30 - October 18
October 25 - December 13

No class November 8

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.



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Yoga (ongoing)

Tuesday, 1:00 - 2:30 PM

8 weeks, \$72 Member/\$82 Non-Member

September 20 - November 8

No class November 8

Makeup November 15

November 22 - January 10, 2017

**St. Catherine of Siena, Stanley Center
1150 W. Centre Ave.**

Instructor: Christine Peckels

Interested in living a more rewarding life? This very gentle introduction to Yoga welcomes you to explore limitations of your body, mind and spirit (and yes, we all have them). Then move beyond those blockages to a greater understanding of how to embrace your own body rhythms. We practice breathing techniques, stretching, balance and stability poses. Gentle movements increase peacefulness, life purpose, self-reliance and gratitude. Yoga can also help minimize severity of physical symptoms such as sleep disturbance, pain, and an inability to concentrate. Any age is the perfect time to begin Yoga and is something you can do for the rest of your life. Come see for yourself. Participants are asked to bring an exercise mat. Maximum participants: 15

Zumba® (ongoing)

Fridays, 9:20 - 10:20 AM

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

August 26 - October 14

Instructor: Helene Thompson

In this ZUMBA® class, you will experience a party-like atmosphere and spend the entire hour moving, laughing and smiling. This class is designed for beginners and uses easy-to-follow movements that help students become familiar with the footwork and feel confident. The Zumba philosophy is, *ditch the workout - join the party!* Wear comfortable clothes and shoes with sturdy support and minimum tread. Bring a water bottle and towel for your own convenience. All you need for Zumba is your beautiful self and a little bit of attitude. Minimum participants: 7

SilverSneakers Splash (ongoing)

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

Fall 1: September 6 - October 20

Fall 2: October 25 - December 15

\$68 PSC Members only

Portage YMCA, 2900 W. Centre Avenue

This is an aquatics-based exercise program designed to help build strength and increase range of motion. Since all exercises take place in the pool, there is minimal wear and tear on your joints. This class is made possible through a partnership between the PSC and Portage YMCA. **Participants register and pay at the YMCA** and must present this class flyer with their name on it or their MySeniorCenter (MSC) card upon registration. Class prices and schedules are subject to change; please contact the Portage YMCA (269) 324-9622 for more information.

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 Derek J. Quinn, Pharm.D., R.Ph.
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OTHER CLASSES

AARP Smart Driver Program

Thursday, October 20

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

Bridge Part 2 Play of Hand

From 1st Leads to Considering the Odds

Wednesday, 2:00 – 4:00 PM

November 9, 16 and 30 (3 weeks)

No class November 23

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

Instructor: Pat Brown, PSC Member

Prerequisite: Beginning Bridge – Part 1/Bidding. Combine your knowledge of basic bidding with information on some basic play of hand strategies. This course features an introduction to keeping score, an important factor in play of hand strategies. Registration deadline is Monday, November 7.

Intermediate to Advanced Bridge Class

Friday, October 7 – December 9 (8 weeks)

No class November 4

9:00 AM – 11:00 AM

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

Instructor: Mike Gay, PSC Member

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

Reminiscence Writing (ongoing)

Wednesday, 10:30 AM - 12:00 PM

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

September 7 – October 19

November 2 – December 14

Instructor: Wilma Kahn

Write about reminiscences old and new. Topics include ancestors, childhood, school days, adulthood, military service, career, children, grandchildren, pet peeves, travels, current events, or anything else you want to write about. This class is a great opportunity to make new friends, share your writing, and learn from others. The instructor has an MFA in creative writing and a DA in English and gives written responses to class members' work.

Classes continued on back page



Sally Grushon died in 2006.

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

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



equity | education

Bronson Programs at PSC

• **Are You At Risk for Colon Cancer?**
Tuesday, October 11, 6:30 – 7:30 PM
Free and open to the public

Get the facts on prevention, treatment and how to detect your level of risk. Presented by colorectal surgeon Edward Itawi, MD from Bronson Colon and Rectal Surgery. To register, call (269) 341-7723 or visit bronsonhealth.com/classes. If you have questions, call (269) 341-8860.

• **Is It Only a Memory Issue or Something More?**
Tuesday, October 25, 6:30 – 7:30 PM
Free and open to the public

Many people believe that memory loss, emotional and behavior changes are a natural part of aging but what if it is something more? Join us a geriatric psychiatrist Nadeem Mirza, MD explains the differences between normal aging, dementia and Alzheimer’s disease. To register, call (269) 341-7723 or visit bronsonhealth.com/classes. If you have questions, call (269) 341-8860.

• **Understanding and Managing Diabetes**
Tuesday, November 22, 6:30 – 7:30 PM
Free and open to the public

Are you interested in learning more about diabetes? If so, join us or this free presentation as we provide a brief overview and some tips and tricks for learning how to better manage this disease. All ages are welcome. Presented by nurse practitioner Pam Miller from Bronson Diabetes and Endocrinology Center. To register, call (269) 341-7723 or visit bronsonhealth.com/classes. If you have questions, call (269) 341-8860

• **Heart Healthy Appetizers That Taste Good? Yes!**
Tuesday, November 29, 6:30 – 7:30 PM
Free and open to the public

Join us for a cooking demonstration of how to choose, prepare and serve heart healthy appetizers for the holidays. Demonstration led by registered dietitian Diane Delhey from Bronson Heart Failure Clinic and executive chef Jason McClellan from Bronson Methodist Hospital. To register, call (269) 341-7723 or visit bronsonhealth.com/classes. If you have questions, call (269) 341-8860.

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.

Diabetes Education

Thursday, October 27, 1:00 PM

Presenter: Angels Care Home Health

One in four people aged 65 and older is diagnosed with diabetes. Many more have the disease and don’t know it. Take steps to protect yourself with prevention and management education. Register at the Reception Desk.

Diabetes PATH Workshop

Wednesday

1:30 – 4:00 PM

**November 2, 9, 16, 30,
Dec 7, 14**

No class November 23

**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. This workshop supports your doctor’s recommendations; it is valuable whether you are new to diabetes, or have had diabetes for a longer time. It is helpful even if you have taken a previous diabetes class. Great for caregivers and loved ones, too. Two trained leaders conduct the workshop. Register at the Reception Desk.



Living your life at home

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- Companionship
- Shopping
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- Nursing
- Coumadin Monitoring (PT/INR Testing)
- Personal Care
- Respite Care
- Transportation

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Indoor Walking at PPS

Tuesday and Thursday, 1:30 PM – 2:30 PM
Beginning January 10 - March 31

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 making available 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, October 18
9:00 - 11:00 AM

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

Massage Therapy

1st and 3rd Monday
12:30 - 4:45 PM

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.

PSC Volunteers

Did you know...we currently have 253 volunteers at the PSC? As of July 31, 118 active volunteers amassed a total of 1,626 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, October 11, 10:00 AM

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

Treats for the Coffee Bar

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

Volunteer Opportunities

AARP Seeks Income Tax Volunteers for 2016 Fall Training

AARP TaxAide program volunteers assist seniors and lower income taxpayers with the preparation and filing of their tax returns each year at no charge. We need new volunteers in the Kalamazoo area for our upcoming fall training sessions in order to sustain this valuable service for our community. We provide all the necessary materials, computers, training and support for you to be successful. There are two types of positions; Client Facilitators, who obtain basic client information and confirm tax documents, and Counselors, who work with the taxpayer to prepare Federal and State returns for electronic filing. If you have an interest and enjoy helping people, and are either good with numbers, prepare your own taxes or have experience in accounting, please call Gary Leadley (269) 267-8544.

Adopt-A-Family Giving Tree Coordinator

Each year we adopt a family for the holidays through the Portage Community Center's (PCC) Adopt-A-Family Program. Our Christmas tree is decorated with wish list tags for the family. Members can take a tag off the tree and purchase gifts or gift cards. The volunteer will set up and decorate the Christmas tree in the lobby, coordinate the collecting of gifts and gift cards, and deliver the gifts to PCC. Contact Denita Demler if interested.

Holiday Bazaar Bake Sale Bakers

Donate assorted homemade baked goods, such as 2-3 dozen cookies, cupcakes, breads (small and regular size), candies, pies, brownies and party mix. The sky's the limit! Items will be delivered to the PSC prior to the bake sale for packaging and pricing. Individual servings as well as larger servings of sale items will be available for sale. Call Denita Demler to add your name to the list of bakers.

Holiday Bazaar Tables Setup and Tear Down

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

Thanksgiving Food Basket Coordinator

Once a year, we collect nonperishable food items for the Portage Community Center (PCC) Thanksgiving food baskets for distribution to clients. This year, beginning Monday, October 3 and through November 11, this person will organize, check expiration dates on items and deliver the food to the PCC. Contact Denita Demler if interested.

Opportunities continued on back page

Generous Donors

Between July 29 and August 24, 2016:

- | | |
|------------------|-------------------------------|
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| Sylvia Asher | Harold & Shirley Ray |
| Carole Bacon | Diane & James Ridders |
| Joyce Beeke | Wilma Ritchie |
| B K Bhuyan | Diane Schaeberle |
| Rena Brooks | Janet Schma |
| Elaine Brown | Doris Seifert |
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| Kay Decker | Lawrence & Babbette Smith |
| Robert Ferguson | Joyce Steeby |
| Sharon Grube | Ruth Tydeman |
| Desdamaona Hale | Iola Weaver |
| Helen Lovin | George & Pamela Williams |
| Nancy Lowe | Carl & Helen Wise |
| Dora Mann | Jacqueline Wylie |
| Joanne Martin | Polly Youngs |
| Margaret McClish | |
| Heather Parsons | |

Donations of Product:

Coffee:

Chuck Pasco, Penny Jennings, Michael Johncock, Don Konopa, Diane Schaeberle, Shirley Kury

Postage Stamps and/or Office Supplies:

Diane Schaeberle, Bill Hoffman, Gerrie Bridge

Remembering Friends:

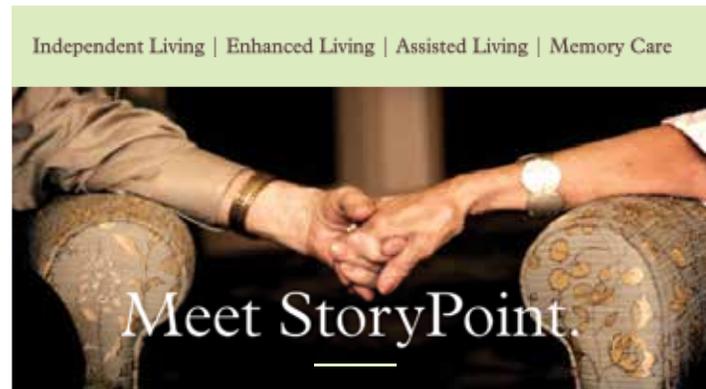
Karen Kennedy, William Hoffman, Sue Snow, Carla Flasch, Grace Flora, Marilyn Sloniker, Nancy Laugeman, Sara Stevens, Susan Bontekoe, Wisner Acquisitions, Anita Cluster, The PSC Sisterhood Group, the PSC Card Players, Elmer William, Herman Koresh, Helen Tubbs, Barbara Patterson, Marlin Nyman and Randie Loughmiller, **in memory of Roger Latvala.**

Robert & Susan Maas, Robert & Robin Brewer, **in memory of John Huff.**

Pat Goff, **in memory of Barb VandeWerken.**

Welcome New Members:

- | | |
|----------------------------|-------------------|
| Edda Kraynak | Cheryl Cheesebro |
| Bonnie Aldrich | Jane Dudley |
| Glendon Toaz | Ann Swafford |
| Theon Gray | Kathleen Verhagen |
| Kathleen Comer | Rhoda Brooks |
| Jacquelyn Boyce | Cheri Jodoin |
| Bruce Birkel | Kenneth Fischer |
| Sandra Custer | Sherie Reimer |
| Susan Carlisle | Mary Chizek |
| Susan Zimmer | Kathy Nason |
| Michael Hadley | John Richards |
| Deborah Yates | James Beach |
| Michael & Melissa Schelhas | Carolyn Dailey |
| John & Karen Beaudoin | Kathy Stevenson |
| Richard Murray | |



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Thank you Stryker Volunteers and Wenke Greenhouse!

The Garden Pals wish to express thanks to the Stryker Instruments volunteer group who assisted us with 3 projects this year; leaf removal, rock removal and replacement for bed enhancement, and the building of the vertical garden of herbs. We also appreciate being able to participate in the Good Neighbor Days sponsored by Wenke Greenhouse which has provided us with many of the flowers and plants around the Center.

iPad Discussion Group

Tuesday, November 15, 10:00 AM

Group Leader: Larry Smith

Questions, answers and demonstrations about using your iPad. You may bring your iPad. Register at the Reception Desk.

Choir

Thursday, 9:30 AM

Group Leader: Marilyn McKinley

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

Expanded Trip Office Hours

Our Trip Office is now open Monday through Friday from 8:00 am - 5:00 pm. You can come in any time to sign up for a trip with Dawn Shilts, our Travel and Program Coordinator. You may contact her by email at shiltsd@portagemi.gov or by phone at 269-324-9239. Tuesdays and Fridays are days when a Trip Office Volunteer may also be available to help take registrations and answer any trip-related questions.

Fall Trip Preview - GET ON BOARD "Open House"

NEW FORMAT AND TIMES

Monday, October 17, 2:00 - 6:00 PM

GET ON BOARD for our Fall Trip Preview to find out about new, unique and exciting tours. Bring your cash and checkbooks to sign up! This will be an open house format with opportunities to gather information from the various outside vendors as well as our own Portage Senior Center Trip Escorts. Come when you can and stay as long as you'd like to find out about the trips that interest you. A completed Frequent Traveler Card will be distributed (worth \$5 off of any trip) to all who attend and will be valid for the entire preview week and will expire on Friday, October 21 at noon! You are welcome to register for the Preview by calling 329-4555 but there is no cut-off or waiting list for attendance with this new format. Tell your friends and family. Our trips are generally offered to those 50+, however, we included some intergenerational trips as well.

Trips Coming Up in October, November and December:

Special Travel Presentation for Peru: Ancient Land of Mysteries

Thursday, October 13, 10:30 AM at the Portage Senior Center

Presenter: Andrew Brown, Collette Representative

Andrew, our Collette Representative, will be here to share information about the 10 day trip scheduled for May 27 - June 5, 2017 to Peru. The highlights for the trip include: Lima, Culinary Tasting Experiences, Sacred Valley of the Incas, Local Andean Cultures, Ollantaytambo Ruins, Machu Picchu, Cuzco, Lake Titicaca, Uros Floating Islands, Home-Hosted Lunch, and the Larco Museum. Register by calling 329-4555.

NOVEMBER 3 - 4, 2016 (THU -FRI)

Jump on the Jingle Bus . . . Ft. Atkinson, WI

Make some magical holiday memories and treat yourself to an early Christmas present. Travel with us to the spectacular Ft. Atkinson, WI, Fireside Dinner Theater as they perform their Christmas show. Before the show we will enjoy their signature buffet dinner and meet the

cast. We've arranged a tour of the Black Pointe Estate on Lake Geneva and an escorted tour at Salty Earth where pictures are made. A Wisconsin cheese stop? Yes! We'll also stop for a demonstration at Gilbertson's Stained Glass Studio. It's all a wonderful, magical way to begin the holiday season.

\$315 / DOUBLE \$372/SINGLE

MONDAY, NOVEMBER 14, 2016

Christmas With the In-Laws . . Marshall, MI

Motor coach transportation to and from Marshall, MI to Cornwell's Turkeyville USA Dinner Theatre. A young couple sets out to do the right thing and spend Christmas with their parents in Florida. Lots of traditional and fun Holiday songs that you will truly enjoy!

Member: \$68 Non-Member: \$78

NOVEMBER 16 19, 2016 (WED-SAT)

It's a Wonderful Life . . Indiana, PA

An Ed & Ted's Excellent Adventure!

Downtown Indiana, PA puts the sparkle back in everyone's eye with their annual *It's a Wonderful Life* Jimmy Stewart-themed festival and parade, scheduled for Friday, Nov 18th, at IRMC Park. The parade has attracted yearly visits from celebrities such as Rich Little, Nick Clooney, and Jimmy Stewart's daughters, Kelly and Judy. Our group will also be part of the parade as we ride on a float and wave to the crowd!

\$699 / DOUBLE \$799 / SINGLE

DECEMBER 30, 2016 - JANUARY 1, 2017 (FRI - SUN)

New Year's Eve on the River . . Covington, KY

An Ed & Ted's Excellent Adventure!

Join us for a New Year's Eve Celebration aboard the River Queen on the Ohio River in Covington, KY as we bring in the New Year with Food, Drink and Music. This boat is enclosed, heated, and reserved just for our group.

\$499 / DOUBLE \$634 / SINGLE \$479 / TRIPLE



International Adventures!

FEBRUARY 13 - 25, 2017

Southern Caribbean Cruise

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

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

Final Payment Due: October 30, 2016

APRIL 23-MAY 6, 2017

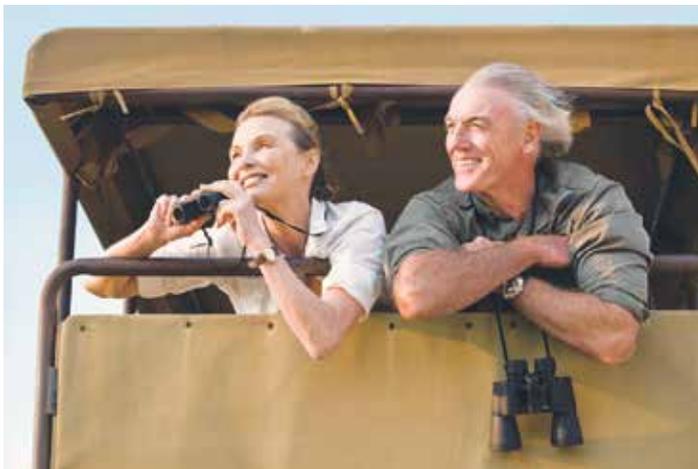
Celtic Highlights

You start and end in Glasgow and overnight also in Inverness and Edinburgh in Scotland; Liverpool, England; Dublin, Killarney, Limerick and Sligo in Ireland; and Belfast, Northern Ireland. Throughout the tour, you will learn about the history and culture as you visit some of the areas "must see attractions."
Price Starts at \$4,886 (Double)

FRIDAY, MAY 27- SUNDAY, JUNE 5, 2017

Peru: Ancient Land of Mysteries

Peru, one of the treasures of South America. You will visit Machu Picchu, the Lost City of the Incas. Discover Lima's history, view the Government Center, the elegant Cathedral at Plaza de Armas, colonial architecture, and the fashionable suburbs of San Isidro and Miraflores. Journey through the Andes to the majestic Sacred Valley of the Incas. Experience the lifestyle of the modern Andean people and delve into their culture when you travel to nearby communities and interact with the locals. ALL ABOARD the Machu Picchu Vistadome train for the breathtaking views through domed windows as you ride through the Andes to the Lost City of the Incas. Hidden by mountains and semi-tropical jungles, Machu Picchu is considered the most spectacular sight in South America.
Price Starts at \$5,449 (Double)



NOVEMBER 1-10, 2017

Tanzania: The Serengeti & Beyond

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

about their educational system, a visit to a workshop aimed to help Tanzanians with disabilities, and more. The experiences on this trip are sensational!
Price: Starts at \$7,363 (Double)

The PSC Staff would like to take this opportunity to thank and recognize the dedicated members of our Trip Committee. These valuable volunteers commit much time to researching and organizing trip opportunities to offer, and the Trip Program wouldn't be as successful without them! The next time you travel, be sure to thank your escort for all of their efforts!

SAVE THE DATE!

Unity in Diversity: A Holiday Celebration

Saturday, December 3

1:00 - 4:00 PM

Free, Open to the Public

Every culture has its own holidays and traditions. The PSC invites you to a special event to learn about how holidays from other cultures are celebrated here in our own community. Through interactive displays, food and music, participants will be able to learn and enjoy a variety of new experiences. As we gather together, we will celebrate the unity in our diversity! This event is in the planning process so be sure to check in with the PSC staff for more details as the date draws closer. This event is free and open to the public, however participants will be asked to bring a non-perishable canned good that will be donated to the Portage Community Center.

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Loaves & Fishes - PSC Bag Recycling Program

1st Wednesday & 1st Thursday (ongoing)

Group Leader: Rosalie Daniels

PSC collects paper and plastic grocery bags for the Grocery Pantry Program at Kalamazoo Loaves & Fishes. Bags are sorted on the first Friday of the month after bag collection dates. Call the Reception Desk for more information.

Readers Theatre

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

Group Leader: Babs Smith

The 2015 - 2016 Readers Theatre season will resume on September 14. This school season they presented 13 programs: four at pre-schools and nine at Portage elementary schools for one or two grade levels. The Readers Theatre membership is between six and eight (at present) and the total audience served was 1,403 students and staff members. Presenting age-appropriate stories to students using voices to represent characters and sharing at least one poem is extremely rewarding. The student-audiences are encouraged to participate whenever possible by joining in a refrain or a finger play. Do you enjoy sharing drama and comedy with children? Join this happy group of readers as they use their voices to present stories in area schools and pre-schools. Participants read their parts, so memorizing them is not required. This group meets the second and fourth Wednesdays of the month from September through May for rehearsals, and visits their scheduled venues for programs on the first and third Wednesdays. If interested, drop in during a session to learn more.

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.

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.

2016 SENIOR & CAREGIVER EXPO

Be Our Guest at the 20th Anniversary of the Kalamazoo County Senior & Caregiver Expo on Tuesday, October 4th from 9:00 AM to 3:00 PM at the Kalamazoo County Expo Center and Fairground. Over 100 exhibitors will be present to provide information on products and services of interest to adults, caregivers, boomers and professionals. Ask the Expert seminars happen at 10:00 on the topic of normal memory loss versus Alzheimer's and at 1:00 PM learn about changes in end of life care and the importance of advanced directives. Other features include free health screenings and flu shots, celebrity greeters, and a scavenger hunt. Call the Area Agency on Aging IIIA at 373-5147 for more information.

Sisterhood

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

Group Leader: Barb Lewis

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

Friday, October 14

Time: 1:00 PM

Event: Lunch at Holiday Inn - Old Burdick Bar & Grill
2747 South 11th Street

Hosts: Dorris Bowman;
Carol Fleck

Friday, November 11

Time: 1:00 PM

Event: Lunch at
Michelle's, 677 Romence
Road, Portage

Hosts: Kat Sinclair;
Sylvia Peterson

Needlers

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

Group Leader: Bobbie Kipp

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

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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.

Classes from page 13

COMPUTER CLASSES

Computer Tutoring

Monday, 10:00 AM - 12:00 PM

Fee: \$10 per hour – Members only

Individual tutoring with or without a laptop computer by an experienced volunteer is available on Monday. Your appointment focuses on whatever aspect of computer usage you would like to cover. Volunteer instructors utilize Windows 7. Windows 10 is currently not available at PSC. Must present payment at time of registration.

Laptop Introduction to Office

Wednesday, 10:00 AM – 12:00 PM

7 weeks, Members only - \$24

January 11 – February 22

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.

Wii Bowling Open Play

Tuesday, 9:45 – 11:30 AM (ongoing)

Group Leader: Sharon Dickey

Looking for a way to have fun, meet new friends, and burn off calories, all at the same time? This Nintendo Wii video game is easy to learn and encourages a range of motion and hand-eye coordination. You can bowl either standing or sitting. If you want to check out an activity that is fun, free and promotes health and fitness, then come in for Wii Bowling on Tuesdays. Open to all PSC members.

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 fall and winter at the Crossroads Mall Food Court at the Carousel.**

Opportunities from page 15

The PSC Gardens

Many of our gardens (front and back of the building) have been established and cared for by the Garden Pals. All members and guests of PSC are invited to utilize the areas for visiting with friends, seeking solace or just appreciating nature. Volunteers are encouraged to help out by donating an hour or two to assist with garden chores or projects. If interested, contact the Group Leader, Joyce Tuinier or the Volunteer Coordinator.

Volunteer Van Drivers

Volunteer drivers are needed to transport patrons in our PSC Community Service Van program (CSV) on a planned route to and from various PSC activities and grocery shopping trips within the City of Portage, Monday through Friday, with general hours of 8:30 AM – 1:30 PM. The next Kalamazoo Metro CSV training is Thursday, October 13, 2016. Contact the Volunteer Coordinator for more information on this position.