

Portage Senior Center June 2017 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			<i>Trip: Southern Exposure</i>	
5:00 PM Out-to-Dinner, Hunan Gardens on West Q Ave 5	6	Loaves & Fishes Bag Collection 7	9:00 AM New Member Meet & Eat 8 Loaves & Fishes Bag Collection	Loaves & Fishes Bag Folding 9
	<i>Trip: Spring Into Mystery</i>		<i>Trip: Spring Into Mystery</i>	10
				<i>Trip: A New England Summer</i>
1:15 PM Big Screen Movie, <i>A Father's Choice</i> 12	8:30 AM Out-to-Breakfast, Uncle Ernie's on Portage Road 13 9:00 - 11:00 AM Blood Pressure Clinic	14	10:00 AM Fascinating Facts about Birds 15 1:00 - 2:00 PM TED Talks, Heart Health	16
		<i>Trip: The King and I</i>		
12:00 PM Four Flats Quartet and Lunch 19	8:00 AM Friends of the PSC 20 5:00 Heritage Dinner Series	2:30 PM PSC Advisory Board 21	11:30 AM Out-to-Lunch, Monelli's on S. Westnedge 22	23
		<i>Trip: Stepping Back</i>		24
				<i>Trip: All That Jazz</i>
1:15 PM Grocery Bingo 26	3:00 PM Patriotic Music and Dancing 27 Casino Trip	28	10:30 AM How to Eat Healthier for Less 29 11:00 AM Coffee with a Cop 1:00 PM Cuba Travelogue 1:00 PM Pantry on Tap Presentation	30
	<i>Trip: Summer in Saugatuck</i>			

Portage Senior Center July 2017 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			4	1
2 <i>Trip: Kalamazoo Growlers vs WI. Woodchucks</i>	CLOSED	Loaves & Fishes Bag Collection 5	11:30 AM Summertime with the PSC Hand Chimes Lunch Loaves & Fishes Bag Collection 6	Loaves & Fishes Bag Folding 7
5:00 PM Out-to-Dinner, Brann's 3				
11:30 AM Out-to-Lunch, Theo & Stacy's on Portage Road 1:15 PM Big Screen Movie, <i>Miss Potter</i> 10	8:30 AM Out-to-Breakfast, IHOP on S. Westnedge 9:00 - 11:00 AM Blood Pressure Clinic 11	12 <i>Trip: Highlights of South Bend</i>	1:00 PM Hearing Loss Presentation, Hearing Center of Kalamazoo 13	14
16 <i>Trip: Tigers vs Toronto Blue Jays</i>	8:00 AM Friends of the PSC 5:00 Heritage Dinner Series 18	2:30 PM PSC Advisory Board 19	1:00 - 2:00 PM TED Talks, LGBT Movement 20	21
17				
24 <i>Trip: A Mystery Trip</i>	1:00-2:30 PM Chair Volleyball with Heritage Community vs PSC Members 25 <i>Trip: Cubs vs White Sox</i>	26	6:30 PM Understanding and Coping with COPD, Bronson 27	28

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 9:30-11:30 Relaxed Pace Bridge 10:00 Trip Committee (3rd) 10:00 Garden Pals Garden Club (2nd) 10:00 Book Club (2nd) (no June, July or August) 10:00-12:00 Computer Tutoring 10:30 Body Rebound 12:30 Massage Therapy (1st & 3rd) 1:00 Art Open Session 1:00 MMAP (2nd) 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 Chi 10:00 Wii Bowling 9:30 Walkers with Walkers PBCT (Portage Bicentennial Trail) 10:30-12N Recycled Cards (1st, 3rd & 4th) 11:00 SilverSneakers Splash 12:30-4:30 Billiards 12:30 Bridge 1:00 Mah-Jongg 1:00 Club PSC Walking 1-2:30 Yoga 1-3:00 Woodcarving 1:00 Chair Volleyball 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 9:00 Van Shopping 9:00 Bicycle Club, different start times as scheduled 9:20 Qigong 9:30-11:30 Relaxed Pace Bridge 10:00 Laptop Intro. to Office 10:00 Reminiscence Writing 10:30 Body Rebound 12:00 - 2:00 Computer Tutoring (Windows 10 Only) 1:45-4:45 Euchre</p>	<p>9-11:00 Blood Pressure Clinic (2nd) 9-12:00 PSC Needlers 9:00 Van Shopping 9:30 Choir Practice does not meet June, July, August 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 Club PSC Walking 1:00 Hand Chimes 1:00 Healthy Brain Club (2nd) 3:30-4:45 Ping Pong</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) 12:30 Bridge 1:00 Dominoes (2nd & 4th) 1:00-4:00 Quilting and More</p>