

Portage Senior Center Newsletter

Dec/Jan 2016



Chime in the Season With the PSC Hand Chimes

Thursday, December 10
Hand Chimes 11:15 AM
Lunch 11:45 AM
\$1 registration fee

Sign up now for this special event showcasing the remarkable talent of our own PSC Hand Chimes! The Hand Chimes group will entertain you with a collection of holiday tunes for your enjoyment before the Senior Services lunch (\$3 donation at the door). Space is limited. Registration deadline is noon on Monday, December 7.



Holiday Lunch

Thursday, December 17
11:30 AM Entertainment begins
11:45 AM Lunch
\$1 registration fee
Sponsor: Adult Day Services at Oakland Centre

What a great way to celebrate the Holiday Season with lunch and

entertainment. Our sponsor for this event is Adult Day Services at Oakland Centre. \$3 donation is suggested for the Senior Services lunch. Come into the PSC to sign up for this event. Registration deadline is noon on Monday, December 14.

Bring Your Grandchildren to Visit Santa!

Saturday, December 12,
10:00 AM - 12:00 PM
Sponsor: United Nursing
United Nursing is taking the lead on hosting a "Grandparent/Grandchild" event at the Portage Senior Center on Saturday, December 12, from 10:00 AM -12 PM. You

can participate at no charge, just bring your grandchildren (or someone else's) for visits with Santa, cookie decorating, and other activities. Register in person or by phone at the Reception Desk by Wednesday, December 9.



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Adopt a Family

As the holiday season approaches, you are invited to help provide Christmas cheer to a family "adopted" through the Portage Community Center. Please stop in to take a tag from the Christmas tree and

purchase a gift for the family. All gifts need to be wrapped and returned to the Senior Center by Monday, December 14, to insure that they will be delivered in time for Christmas.

“What Are You Doing For Others?”

- Dr. Martin Luther King, Jr.

Monday, January 18, 2016 is Martin Luther King, Jr. Day. Dr. King was a great leader for nonviolent activism in the Civil Rights Movement, successfully protesting discrimination. To honor this remarkable man’s work, courage and vision, individuals across the country are encouraged to come together for a day of service, picking up the baton handed to us by past generations and carrying forward efforts toward unity and understanding.



Volunteer Kalamazoo is offering opportunities for citizens to get involved in community service projects at various nonprofit sites around Kalamazoo in honor of Dr. Martin L. King Jr’s day, January 18th. This event will kick off at Kalamazoo City Hall at 8:00 AM with a continental breakfast, and service projects beginning at nonprofit sites at 9:00 AM. Please call Volunteer Kalamazoo at (269) 382-8350 or visit the website, volunteerkalamazoo.org, to search and register for volunteering opportunities.

Check out the PSC bulletin board and Facebook page for other opportunities to honor Dr. King. All are encouraged to get involved in this “Day of Service.”

Dr. King’s quotes are renowned for their wisdom and inspiration. In a world where newscasts are reporting on division and violence, please consider one of Martin Luther King’s most insightful quotes: “I have decided to stick with love. Hate is too great a burden to bear.”

AARP Tax Assistance

Location: Portage District Library
Registration: Portage Senior Center, 329-4555
Registration begins Monday, January 4
AARP Tax-Aide Volunteers will provide free tax preparation assistance between February 2 and April 12. Appointments will be held at the Portage District Library (PDL) on Tuesdays, 9:30 AM to 3:30 PM. Call the Portage Senior Center to schedule an appointment. Your returns will be prepared in the PDL lower level,

Gourdneck Room. Assistance is available to individuals or couples age 50 years and older with an annual income below \$55,000 or to those who are handicapped. Complicated returns (businesses, for example) cannot be done at the Portage District Library. Registration begins Monday, January 4, at the Portage Senior Center, 329-4555. A checklist of everything needed for the appointment is available at the PSC Reception Desk.

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- Gloria Padilla-Carlson
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Morning: Judy Grey



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!

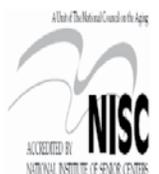
<https://www.facebook.com/portageseniorcentermi>

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.

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



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. Register by noon on Monday, February 1.

Friendship Café

Portage Senior Center
Monday, Tuesday, Thursday, Friday
11:45 AM

Would you like to make new friends? Would you like to have company when you dine? Then join us for lunch at the PSC's Friendship Café. Senior Services, Inc. serves lunch on Monday, Tuesday, Thursday and Friday, for a suggested donation of \$3. All you need to do is sign up by noon the day before by calling 269-382-0515, extension 300, or stop in to the lunch room and sign up with the Nutrition Site Coordinator.

Countdown to Kwanzaa: Celebrating Family, Culture, and Community

Thursday, December 17, 1:15 PM - 3:15 PM
Presenter: Monifa Jumanne

From lighting the first Umoja candle to honoring the ancestors to tasting the spicy Jollof Rice, Kwanzaa offers an array of family and community activities. Celebrated December 26 - January 1, Kwanzaa combines African customs with African American values and traditions. Its core is the Nguzo Saba, seven principles for daily living accompanied by seven candles. Kwanzaa celebrations include history, drumming, dancing, music, libations, readings, reflections, candle-lighting, artistic performances, and a communal feast. Join the fun with Kwanzaa veteran Monifa Jumanne, other PSC members and special guests, as PSC celebrates the heritage of African Americans. Register at the Reception Desk by Monday, December 14.

Diversity 101: What's Your GPA?

Thursday, January 7, 1:30 PM
Facilitator: Monifa A. Jumanne
Guest Presenter: Kendall Klingelsmith

The word "diversity" can be challenging to define, and the definition might change with the context in which it is used, which can lead to misunderstandings. In this workshop, participants will explore ethnic and cultural diversity from an African American perspective. Participants will use dialogue, role play, and humor to demonstrate how ordinary differences in values, customs, and cultural etiquette might be viewed, misunderstood, and resolved. Expect to leave this experience with a grade point average (GPA) based on a clear definition of "diversity" in inter-cultural interaction. Register by Monday, January 4, at the Reception Desk.

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Big Screen Movie

Monday, January 11, 1:15 PM
"Hidden Places"

Widowed with two children and beginning to lose hope, Eliza (Sydney Penny) must bring in the harvest before the bank forecloses on her family's home. Just when things can't get any worse, in walks Gabe (Jason Gedrick), a handsome, down-on-his-luck veteran. Joining their team are the stubborn but lovable Aunt Batty (Shirley Jones) and a few generous townfolk. "Hidden Places" is a tale of faith, family and commitment. This is a Hallmark Entertainment film based on an award-winning novel by Lynn Austin. Not rated. Not closed-captioned. 86 minutes. View the movie for free, 50 cents for popcorn.

Big Screen Movie

Monday, December 14, 1:15 PM
"Christmas With a Capital C"

Christmas has always been a time of love and tradition in small-town Trapper Falls, the hometown of Mayor Dan Reed (Ted McGinley). With his brother Greg (Brad Stine), they drape the town in holiday cheer while concentrating on the Nativity scene. Then Dan's high school rival Mitch (Daniel Baldwin) wants nothing to do with the Nativity and even the word "Christmas." Who will win this ongoing conflict between church and state? Not rated. Closed-captioned. 81 minutes. View the movie for free, 50 cents for popcorn.

Art Open Session

Mondays, 1:00 - 3:00 PM

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.

PSC Band Schedule

| DEC | DAY | TIME | LOCATION/ADDRESS |
|-----|-------|------|---|
| 1 | Tues | 2:30 | Evergreen North 5700 Vintage Lane, Kalamazoo |
| 3 | Thurs | 5:45 | Air Zoo 6151 Portage Road, Portage |
| 8 | Tues | 2:30 | Centre Meadows 1503 East Centre, Portage |
| 15 | Tues | 2:30 | Crossroads Village 6600 Constitution Blvd., Portage |
| JAN | DAY | TIME | LOCATION/ADDRESS |
| 5 | Tues | 3:00 | Rehearsal PSC 320 Library Lane |
| 12 | Tues | 3:00 | Rehearsal PSC 320 Library Lane |
| 19 | Tues | 3:00 | The Fountains of Bronson Place 1700 Bronson Way, Kalamazoo |
| 26 | Tues | 2:30 | Bickford Cottage 4707 W. Milham, Portage |



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PSC Bike Club

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

The PSC Bike Club has ended their biking season and will return in May 2016. Their initial meeting for 2016 will be on Wednesday, April 27, 9:00 AM, where they will go over the rules for riders as well as the 2016 schedule.

PSC Book Club

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

December: *The Art of Racing in the Rain* by Garth Stein
January: *What the Lady Wants* by Renee Rosen
February: *Sound of Glass* by Karen White

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

Choir

Thursdays, 9:30 AM
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.

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.

December

Dinner

Monday, December 7
5:00 PM
Martell's
3501 Greenleaf Blvd.
Kalamazoo (formerly
Black Swan)

Breakfast

Tuesday, December 8
8:30 AM
Sophia's
4700 Stadium Drive
Kalamazoo

Lunch

Thursday, December 17
11:30 AM
Zoup!
6749 S. Westnedge
Crossings, Portage (east
of Target)

January

Dinner

Monday, January 4
5:00 PM
Blue Dolphin
501 E. Burdick
Kalamazoo

Breakfast

Tuesday, January 12
8:30 AM
Antique Kitchen
6215 S. Westnedge
Portage

Lunch

Thursday, January 21
11:30 AM
SummerThyme Café
3928 Portage Road
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Garden Pals

Group Leader: Joyce Tuinier

This informal group meets one or two times a month and invites you to join them. The goal is to maintain and improve the PSC garden areas for the enjoyment of members and guests. Call the Reception Desk at 329-4555 for more information on this group. Any assistance is welcome.

Hand Chimes

Thursdays, 1:00 PM

Group Leaders: Freya Lake and Jeanne Fakler
No Hand Chimes in January or 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

Wednesdays (1st) & Thursdays (1st) Only

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.

New Member Orientation (NMO)

Tuesday, January 12, 10:30 AM

At the NMO, new members learn about the PSC and meet other new members. Let the receptionist know if you would like to make a reservation for the \$3 Senior Services, Inc. lunch immediately following the NMO presentation. Pre-register by calling the Reception Desk.

PSC Needlers

Thursdays, 9:00 AM - 12:00 PM

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.

Readers Theatre

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

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.

Recycled Cards

Tuesdays (1st, 3rd & 4th), 10:30 AM

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

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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! Contact Queen Marie at 269-375-2104 if you are interested in joining this group.

Sisterhood

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

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. Call the Reception Desk for more information.

Friday, December 11

Time: 1:00 PM

Event: Holiday Lunch

Site: Theo & Stacy's Restaurant

5225 Portage Road near the

Airport

Host: L. Shrader

Friday, January 8

Time: 1:00 PM

Event: General Meeting

(weather permitting)

Discuss the 2016 Events

plan and future events.

Potential and existing

members welcome.

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 and is limited to the Portage geographical area. 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.

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Walkers with Walkers

Tuesdays and Thursdays, 9:30 AM

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.

Wii Bowling Open Play

Tuesdays, 9:45 - 11:30 AM

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 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.

Outstanding Customer Service Award

Congratulations to Denita Demler for receiving the City of Portage 2015 Outstanding Customer Service Award! In her position as Senior Program & Volunteer Coordinator, Denita Demler interacts with a steady stream of residents, volunteers and members of the Portage Senior Citizen Center on a daily basis. Denita is characterized as the epitome of friendliness. She makes senior citizens feel welcome, important and needed. She can be counted on to be caring, helpful, happy and smiling. Denita seeks new ideas, plans programs and just seems to know the answers to all of the questions that come up. Providing outstanding service is an ongoing, everyday thing with Denita. Several recommendations were received highlighting the outstanding customer service that Denita consistently provides from her position at the Portage Senior Citizen Center.

Wish List:

Disinfectant wipes, hand sanitizer, facial tissues, colored copy paper - brights or pastels, smiling faces

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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

Instructor: Helene Thompson

November 6 - January 18, 2016

January 20 - March 14

No class November 27 and December 25, use DVD

December 18, 21, 23, 28, 30

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

October 14 - November 30

December 2 - February 1

No class December 21, 23, 28 and 30

Instructor: Helene Thompson

Discover the drummer in you! Drums Alive combines traditional aerobic movement with the powerful beat and rhythms of drumming for an amazing body and brain workout! Instead of beating on a drum, however, you will whack a large exercise ball with a pair of drumsticks (equipment is provided or you may bring your own). A one-hour class offers a fast-paced workout that can burn up to 400 calories.

Enhance Fitness

Monday-Wednesday-Friday, 8:10 - 9:10 AM,

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

September 25 - November 18

November 20 - February 12

No class November 27

Use DVD December 14 - January 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.

T'ai Ji

Tuesday, 8:30 - 9:30 AM,

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

Instructor: Ed Kehoe

December 1 - January 12

Classes continued on page 9



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from page 8

January 19 – March 1

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

Yoga – St. Catherine of Siena, Stanley Center

Tuesday, 1:00 - 2:30 PM,

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

Instructor: Christine Peckels

October 13 – December 15

No class November 3 and 24

December 22 – February 16

No class December 29

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 blocks 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 is something you can

do for the rest of your life. Come see for yourself. Participants are asked to bring an exercise mat.

Zumba®

Fridays, 9:20 – 10:20 AM

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

Instructor: Helene Thompson

November 6 – January 22, 2016

No class November 27, December 18, 25 and January 1

January 8 – February 26

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

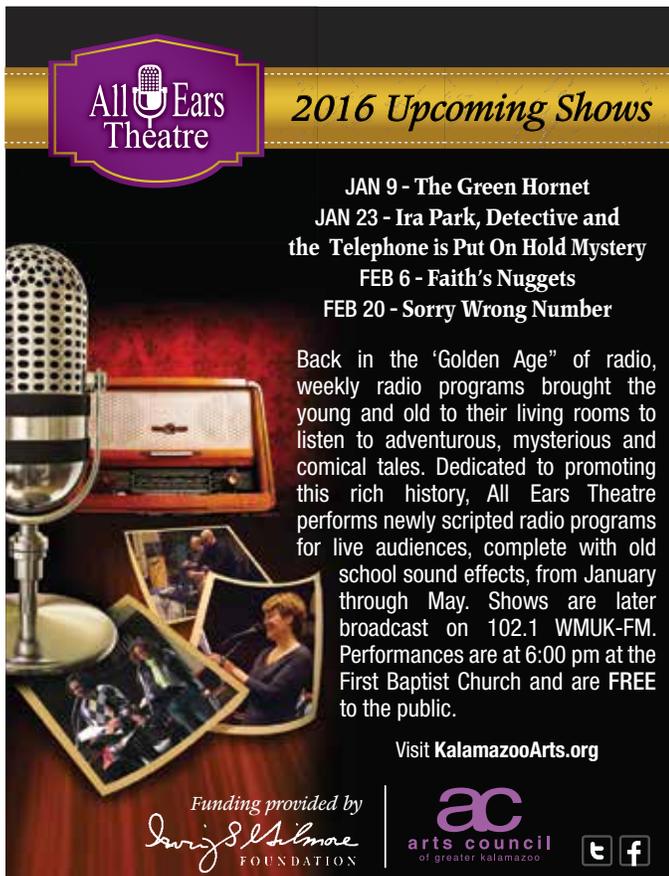
Fall 2, October 27- December 17

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 you 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 for more information.



All Ears Theatre

2016 Upcoming Shows

JAN 9 - *The Green Hornet*
 JAN 23 - *Ira Park, Detective and the Telephone is Put On Hold Mystery*
 FEB 6 - *Faith's Nuggets*
 FEB 20 - *Sorry Wrong Number*

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

Visit KalamazooArts.org

Funding provided by *Lucy D. Salmae* FOUNDATION

arts council of greater kalamazoo



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OTHER CLASSES

Reminiscence Writing

Wednesday, 10:30 AM - 12:00 PM
7 weeks, \$32 Member/\$42 Non-Member

Instructor: Wilma Kahn

October 28 – December 9

March 9 – April 20

June 8 – July 20

September 7 – October 19

November 3 – December 8

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.

AARP Smart Driver Program

Thursday, December 4, 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.

AARP Smart Driver Program

Thursday, January 21, 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.

COMPUTER CLASSES

Computer Tutoring – Members Only

Monday and Friday, 10:00 AM - 12:00 PM,

Wednesday, 2:00 – 4:00 PM

Members only \$10/hour

Individual tutoring with or without a laptop computer by an experienced volunteer is available Monday or computer usage you would like to cover. Must present payment at time of registration.

Laptop Introduction to Office

Wednesday, 10:00 AM – 12:00 PM

7 weeks, Members Only - \$24

March 2 – April 13

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, 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.

It's in the Bag!

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 any time before April 1, 2016. The date for the spring Purse Sale will be announced in January.



Evening Meals at the PSC

3rd Tuesday, 5:00 PM – 6:30 PM

The Evening Meal returns on Tuesday, January 19, 5:00 PM – 6:30 PM. PSC members are encouraged to participate in these "open to the public" events. 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. Meal includes main entrée, sides, dessert & beverage.

Diabetes PATH Workshop

Wednesday, January 27 – March 2, 1:30 – 3:30 PM
Sponsor: Area Agency on Aging

Diabetes PATH is a FREE six week workshop for adults who have diabetes and the challenges that go with it. The workshop covers many things about diabetes: monitoring, medication, healthy eating, stress management and communication. What you really learn are the ways to help take care of your health, so that you can do the things that YOU like to do and be more independent. Two trained leaders conduct the workshop. Register at the Reception Desk 329-4555.

Healthy Nutritional Cooking after the Holidays!

Friday, January 22, 1:00 PM

Students in the “Student Dietetics Association (SDA)” from Western Michigan University Dietetics program will teach an interactive class on nutrition and demonstrate easy-to-make recipes. It is never too late to start eating healthy. Along with the discussions and demonstrations, students will explain nutritional benefits of ingredients used. Register by Wednesday, January 20, at 329-4555.

Indoor Walking at PPS

Tuesday and Thursday, 1:30 PM – 2:30 PM
Beginning 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.

Blood Pressure Clinic

2nd Thursday, 9:00 – 11:30 AM

Once a month, the PSC offers a free blood pressure clinic. All are welcome; no appointment is necessary.

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).

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.



HERITAGE COMMUNITY OF KALAMAZOO

Local Roots. Vibrant Senior Living.

Heritage Community has been serving Kalamazoo seniors and their families for more than 60 years. Today, we're the only locally owned and operated continuing care retirement community in the area.

A not-for-profit organization led by a local volunteer board of directors, we manage our resources in accordance with our mission, and our longstanding values are reflected in our governance and management. We measure success in terms of achieving high standards of excellence in service, and continually strive to ensure that all residents are proud to call our community home.

Visit www.heritagecommunity.com or call 269-226-6321 for more information

- Independent Living**
Wyndham Apartments
Heritage Hills Apartments
- Assisted Living**
Wyndham West
Directors Hall
- Residential Memory Care**
Amber Way
Amber Place
- Skilled Nursing and Rehabilitation Services**
Harold & Grace Upjohn
Community Care Center

THE RIGHT INVESTMENTS IN YOUR IRA CAN MAKE ALL THE DIFFERENCE.

Tom Schripsema
Financial Advisor
3798 W Centre Ave
Portage, MI 49024
269-321-0588

To learn about the benefits of an Edward Jones IRA, call or visit today.

www.edwardjones.com Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

PSC Volunteers

Did you know...we currently have 273 volunteers at the PSC? As of October 23, 127 active volunteers amassed a total of 2,003 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, December 8 and 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.



We are dedicated to giving each person the support they need to lead fulfilling and vibrant lives.

Call us about a free assessment.

new friends
A Vibrant Memory Care & Assisted Living Community

managed with care by
Vibrant Life Communities

3700 W. Michigan Avenue, Kalamazoo
269.372.6100 www.NewFriendsMemoryCare.com

Volunteer Greeters

Volunteers are needed to greet potential members and assist members at the MySeniorCenter kiosk. Two-hour shifts are available on Tuesday, Wednesday and Thursday from 9:00 – 11:00 AM. If interested, please call the Volunteer Coordinator.

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 Tuesday, January 26, 2016. Contact the Volunteer Coordinator for more information on this position.

Volunteer Laptop Computer Tutors

Tutors will work with members to introduce them to various software applications and the Internet. Students are generally beginners, but may have some previous experience on the computer. Tutors should be knowledgeable of the following applications: MS Word, PowerPoint, Excel, and Internet. Contact the Volunteer Coordinator for more information on this position.

Intergenerational Volunteer Programs Partners

The Partners Program started in October to create friendships and strengthen intergenerational connections between 23 senior members of the PSC program and 23 fourth grade students from the classroom of Sheila Clothier at Portage Central Elementary. To accomplish this, the seniors go into the classroom once a month and help students complete activities. The seniors go on a field trip with the students in the spring. In May, there will be a celebration potluck at the PSC for students and their families to meet their senior partner. The Intergenerational Coordinator for this program is Zoe Miller.

Pen Pals

This program creates friendships and strengthens intergenerational connections between the 21 senior members of the PSC program and the 21 third-grade students from the classroom of Rhonda VanderVeen at Angling Road Elementary in Portage. The seniors and students exchange Pen Pal letters one time per month. The seniors and students will meet each other for the first time at a Pen Pal party at the school on Friday, May 20, 2016. The Intergenerational Coordinator for this program is Zoe Miller.

Thank You to the Following Donors

(Between the Dates of August 27 and October 19, 2015)

Memorials:

Ann Phillips *in memory of Rachel Drafta*

PSC Enhance Fitness Class, Burr Oak Tool, Gary Schulz, Denita Demler, James & Barbara Bielski, Arleen Lapekas, Lois Johnson, Gordon & Kay Jones and Michael & Catharina White *in memory of Jackie Bielski.*

Helen Lovin *in memory of Judy Campbell*

Annual Fund Donors:

Barbara Casey

Donations of Product:

Coffee Bar Supplies, Shirley Kury, Eleanor Burklow, Georganne Oldenburg, Chuck Pasco, Mike Johncoke, Gene & Penny Jennings

Postage Stamps, Diane Schaeberle

Welcome New Members

Between August 27 and October 19, 2015

| | |
|---------------------|-------------------------|
| Mary Ann Redmond | Frances Junker |
| Donna Lindsay | Robert Andrews |
| Delores Alton | Virginia Walls |
| Betty Hagberg | Lois Beaudrie |
| Ruthie Kauffman | Susan Mureika |
| Cathie Weir | Laura Boyd |
| Sherril MacKellar | Donna Berkey |
| Jacqueline VanMeter | Victoria Delgado-Chavez |
| Frances Wong | William Gregor |
| Martha Fuce | Patricia Fahnestock |
| Jay Kulp | George & Mary Lou Adams |
| Maurice Burke | George Adams |

Harding's eScrip

Support Friends of the PSC at No Cost

In the same manner that schools obtain a small portion of funding through eScrip Community Cards through participating market places such as Harding's Friendly Market, the Friends of the Portage Senior Center can receive a little boost in funding for programs on health, medical insurance information, exercise classes, and programs that are proven to keep older adults independent longer.

Stop by the PSC Reception Desk and pick up your Harding's Friendly Market eScrip card today, and use it every time you shop!

2015 Tree Lighting & Traditional Holiday Celebration

Set your sights on holiday lights, carolling and holiday treats! Please join in an evening night of fun at the City of Portage annual Traditional Holiday and Tree Lighting Celebration. The fun kicks off at the City Centre, near the Portage District Library on Saturday, December 5 at 7:00 p.m. Thousands of lights will be illuminated in celebration of the holiday season. Then follow a horse-drawn wagon, complete with jingle bells and Christmas carolers, on a short walk down the Portage Creek Bicentennial Trail to the Celery Flats Historical Area, where the holiday celebration will take place.

Festive music will be provided by Proclamation Brass, a local brass ensemble group, and the Mall City Harmonizers. Santa and Mrs. Claus will greet visitors at the historic schoolhouse and refreshments will be available at the Hayloft Theatre. Hot cider and hot cocoa will be available for a \$1 donation per cup - proceeds from the sales will benefit area charities. Admission is free, however, donations of food, toys and outerwear will be accepted for the Portage Community Center to help those in need. Please call 329-4522 with any questions about the event.

WARNING!

SCAM ALERT – GIFT CARDS AS PAYMENT!

The Portage Department of Public Safety, in conjunction with this business, is warning customers who may be potential victims of scams. Law enforcement is seeing an increase in the number of victims who are being told to buy gift cards as a way of payment. These potential transactions are SCAMS! Do not send money to someone you have never met in person, no matter how convincing they are on the phone. It is a SCAM!

If you feel you may be dealing with a scam, please contact the Portage Department of Public Safety BEFORE you send any form of payment! Call (269) 329-4567

Common Scams:

- If someone contacted you to say a family member is hurt, in an accident, or in jail.
- If a governmental agency (IRS, Treasury, etc.) contacted you via phone to say you owe money.
- If someone contacted you to say you won money and have to pay taxes.
- If for any reason you are asked to cash a check and send back the excess money.

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.

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 a historical schoolhouse/museum and an indoor scavenger hunt among thousands of antiques. \$103 Member, \$113 Non-Member. Lunch included at Salt of the Earth.

Local Treasures III . . . Greater Kalamazoo area

Thursday, March 31, 2016

Begin the day at Tillers International in Scotts, followed by visits to the Drake House, Taste of Heaven, Henderson Castle, and the Civic and Park Trades Center Building. This trip offers a tour of many unique venues in the Kalamazoo Area. Lunch at the Henderson Castle is included! \$68 Member, \$78 Non-Member.

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. \$110 Member, \$120 Non-Member.

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. \$90 Member, \$100 Non-Member.

A Step Back in Time . . . Southwest Michigan

Wednesday, April 27, 2016

Join us for a day of exploration along the Underground Railroad in Schoolcraft, Marshall and Battle Creek. View 19th century architecture as a step-on guide explains the history behind the Honolulu House and Postal Service Museum in Marshall. Lunch at Schuler's is included. \$71 Member, \$81 Non-Member.

Spring Into Grand Rapids . . . Grand Rapids, MI

Tuesday, May 3, 2016

Head to Grand Rapids Downtown Market featuring unique vendors. We will be treated to a kitchen demonstration and time for shopping. Includes: Trader Joe's, a lunch stop at Arnie's (included), a visit to Hardner Warner Landscaping & Garden Center to put our hands to work creating a take-home planter. \$96 Member, \$106 Non-Member.

Meadowbrook Hall and Theatre . . . Rochester, MI

Wednesday, May 11, 2016

A delight for your senses! Magnificent sights await at Meadowbrook Hall, an estate built by one of the automotive aristocracy's most remarkable women which was 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 the Tudor revival style mansion and lunch are included. End the day on a musical note with "Sistas the Musical" at Meadowbrook Theatre. \$125 Member, \$135 Non-Member.

It's a Mystery . . . Destination Not Revealed!

Tuesday, May 24, 2016

You'll never guess what we've got up our sleeves for this one! A great lunch will be included. You will have time to chat with old friends and meet some new ones! These trips sell out quickly, so make your reservation now! \$67 Member, \$77 Non-Member.

Medicare questions?
We can help!



Lisa Robb
Medicare Specialist

269-342-0212
lrobb@ctyfb.com

Kalamazoo County
Farm Bureau
5950 Portage Rd., Suite A
Portage



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

It's the Roaring Twenties! A cast of outrageous characters gather in New York to celebrate the wedding of wealthy playboy Jimmy Winter, however, 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. \$109 Member, \$119 Non-Member

Starting Over on U.S. 12 . . . New Buffalo & White Pigeon, MI
Wednesday, June 15, 2016

For everyone who has enjoyed Dr. Geisler's previous US-12 tours and missed his first Quaint, Quizzical & Quirky US-12 journey, this trip is for you! 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! \$52 Member, \$62 Non-Member.

Extended Trips - 2016

Call the Trip Office at 269-324-9239 on Tuesdays or Fridays between 9:00 AM and 2:30 PM for details on these exciting new offers!

Biloxi & New Orleans. . . Tennessee, Mississippi, and Louisiana
April 2-11, 2016

Ed & Ted's Excellent Adventures is heading south to take in the sights of Biloxi and New Orleans. Our Adventure features the French Quarter Festival and includes activities such as a shrimp boat tour and shrimp boil dinner. This trip is packed with excitement and includes the Mardi Gras World Tour, Oak Alley Plantation, Elvis Presley's Graceland, a jazz brunch cruise, and a demonstration and dinner at the New Orleans School of Cooking. Price starts at \$1,999 per person (double).

Historic Cities of the East . . . Maryland and Pennsylvania
May 15-20, 2016

Travel by deluxe motorcoach 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 begins at \$1,149 per person (double). Sponsored by Shoreline Tours.

We are taking names and phone numbers of those interested in these future trips which are currently "under construction."

Cubs vs. Brewers at Miller Park in Milwaukee and a day in northern Illinois
Sunday, July 24 - Monday, July 25, 2016.

Springfield, Illinois with historical Lincoln sights
September 13-15, 2016.

Agawa Canyon in late September of 2016.



Alaska Discovery Land & Cruise
August 16 - 28, 2016

Not the usual trip to Alaska, this amazing excursion includes a delightful array of choices and opportunities. Some of the highlights are listed below:

- Anchorage
- McKinley
- Luxury Domed Rail tour
- Denali National Park
- Music of Denali Dinner Theatre
- Tundra Wilderness Tour
- Whittier
- Hubbard Glacier
- Glacier Bay
- Skagway
- Juneau
- Ketchikan



International Trips!

Tulip Time River Cruise . . . Holland & Belgium April 18-26, 2016

Discover picturesque Holland and Belgium on this marvelous 8 day river cruise vacation! Drink in the colorful blooming beauty of famous Keukenhof Gardens, vibrant gardens with the world's largest bulb flower park; visit one of the charming windmills at Kinderdijk; visit and learn about Holland's complex flood controls at the fascinating Delta Works; guided sightseeing tours of the charming towns of Middelburg and Willemstad, as well as the bigger cities of Antwerp and Ghent; visit Delft, the home of "Delft Blue" pottery and much more! Price includes air with taxes, cruise with port charges, and travel insurance. Price starts at \$4,745 (double). Sponsored by Avalon Waterways.

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. Begin the exploration with two nights in Opatija, the "Riviera of Croatia" and an Istrian gem. Explore Plitvice National Park by foot and by boat, a place where waterfalls cascade down sheer cliffs connecting 16 pristine lakes. Connect with the local people during a home-hosted dinner. Explore the white stone buildings, winding alleys, and massive city walls of the ancient harbor town, Dubrovnik. Step inside Diocletian's Palace and back into Roman times in Split's old town. Includes trip cancellation insurance and an early booking discount is available. A special one hour trip preview will be held on Thursday, November 12, 2015 at 3:00. Price starts at \$4,379 per person (double). Sponsored by Collette Tours.

Magical Christmas Markets December 3-9, 2016

Treat yourself to the best of the holiday season as only European travel can offer. Enjoy the unique charm of Austria and Germany, alive with holiday cheer and adorned with bustling Christkindlesmarkts. Choose a city tour, venture into the mountains, gaze in amazement at the stunning views from a train ride to the charming town of Tyrolean, 3,600 feet above sea level. Fill your lungs with crisp, clean Alpine air. This trip includes seven full 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. Price starts at \$3,379 per person (double). Sponsored by Collette Tours.

Just Chillin' at the PSC

Just Chillin' at the PSC... or roasting, depending on your own individual perception of temperature. Our staff get more requests for thermostat changes than any other aspect of our operations.



There is some science behind our perception of temperature, and our individual reaction to it. The human body has "thermoreceptors" that help us to perceive temperature. These receptors can be very accurate under controlled conditions, but can also be tricked into different responses based on our activity level, the humidity, and yes, even our age. In fact, adjusting the temperature in a room can impact the humidity, and partially offset the comfort that we are seeking in the first place.

Portage Senior Center is a busy building, and we often have to "flip" rooms quickly to accommodate all of the activities that are held here. We may have an active group such as an exercise class who exert a lot of energy, and would like to have the room cool. They might be immediately followed by a group who will be sitting, and will prefer to have the room warmer. It is nearly impossible to change the temperature quickly - especially in the larger multi-purpose room. Our HVAC staff has advised us to strive to keep our rooms at a constant temperature, as a means to maintain a consistent temperature and humidity level that will be compatible to the airflow in the system. Adjusting the temperature leads to a situation where we begin to "chase our tails" and never catch the ideal balance of humidity and temperature.

All of our thermostats are set to a temperature of 72 degrees. In addition, keep in mind that one thermostat controls multiple areas of the building. So while your room may feel warm, another room is potentially impacted by a thermostat adjustment. It is also hard to make an entire room of people happy with the temperature. There have been times when one or two people have asked to have the temperature adjusted, while the rest of the group asks for it to stay the same. PSC staff will do their best to address temperature concerns. In the meantime, we recommend dressing in layers if you tend to be more hot or cold.

Hopefully this explanation helps to allay concerns that staff is trying to "freeze people out" (or roast them) depending on your own perception of temperature.

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.

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 at the Reception Desk.

Stay Independent - Prevent Memory Loss

*2nd Thursday of every month
1:00 - 2:30 PM*

Session 1: December 10

Session 2: January 14

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.



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

(269) 488-5460 • toll-free (800) 488-5860 • www.mycentracare.com

