

# Portage Senior Center June 2015 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
5:00 PM Out-to-Dinner, Hunan Gardens <b>1</b>	<b>2</b>	Loaves & Fishes Bag Collection <b>3</b>	Loaves & Fishes Bag Collection <b>4</b>	Loaves & Fishes Bag Sorting <b>5</b>
1:15 PM Big Screen Movie, <i>Last Ounce of Courage</i> <b>8</b>	8:30 AM Out-to-Breakfast, LaRue's <b>9</b> 6:30 PM presentation, <i>All About Hip Surgery, Including the Anterior Approach</i>	<b>10</b>	11:30 AM Out-to-Lunch, The Crew <b>11</b> 11:45 AM Flag Day Celebration Luncheon Trip: Get into the Spirit	<b>12</b>
1:00 PM Every Quilt Has a Story <b>15</b>	6:30 PM presentation, <i>Medical Matters of the Heart</i> <b>16</b>	<b>17</b>	1:00 Final Resting Places of Presidents Presentation <b>18</b> 1:15 PM Oil and Vinegar Tasting	<b>19</b>
<b>22</b>	6:30 PM presentation, <i>The Word on GERD</i> <b>23</b>	<b>24</b>	10:00 AM Coffee with Public Safety <b>25</b>	<b>26</b>
<b>29</b>	<b>30</b>	<i>Trip: Cranbrook Art Museum, House &amp; Gardens</i>		

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

# Portage Senior Center July 2015 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>	<b>2</b>	<b>3</b> <i>Closed in observance of Independence Day</i>
5:00 PM Out-to-Dinner, Upper Deck <b>6</b>	10:00 AM New Member Orientation <b>7</b>	Loaves & Fishes Bag Collection <b>8</b>  <div style="border: 1px solid black; padding: 2px; text-align: center;"><i>Trip: A Decadent Adventure</i></div>	Loaves & Fishes Bag Collection <b>9</b>	Loaves & Fishes Bag Sorting <b>10</b>
1:15 PM Big Screen Movie, <i>Fly Away Home</i> <b>13</b>	8:30 AM Out-to-Breakfast, Nina's Café <b>14</b>  <div style="border: 1px solid black; padding: 2px; text-align: center;"><i>Trip: A Japanese Experience</i></div>	<i>New Class!</i> 1:30 PM, <b>Painting on Canvas</b> , Sara Strong <b>15</b>	11:30 AM Out-to-Lunch, Brewster's <b>16</b>	<b>17</b>
<b>20</b>	<b>21</b>  <div style="border: 1px solid black; padding: 2px; text-align: center;"><i>Trip: A Mystery Trip</i></div>	<b>22</b>	<b>23</b>	<b>24</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>

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

*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

8:10 Enhance Fitness  
 9:20 Drums Alive  
 9:30-11:30 Relaxed Pace Bridge  
 10:00 Trip Committee (3rd)  
 10:00 Book Club (2nd)  
 10:00-12:00 Computer Tutoring  
 10:30 Body Rebound  
 11:45 Lunch  
 12:30 - 4:45 Massage (1st & 3rd)  
 1:00 Art Open Session  
 1:15 Big Screen Movie (2nd)  
 1:30 Cribbage  
 1:00 Canasta  
 3:30-4:45 Ping Pong  
 5:00 Out-to-Dinner (1st)

### Tuesday

8:30 Out-to-Breakfast (2nd)  
 8:30-9:30 T'ai Ji  
 9:30-2:30 Trip Office open for business  
 9:30 Walkers with Walkers PBCT (Portage Bicentennial Trail)  
 9:45 Wii Bowling  
 10:30-12N Recycled Cards  
 11:00 SilverSneakers Splash  
 11:45 Lunch  
 12:30-4:30 Billiards  
 12:30 Bridge  
 1:00 Mah-Jongg  
 1-2:30 Yoga  
 1-3:00 Woodcarving  
 1:00 Chair Volleyball  
 3-4:30 Band Practice  
 6:00 Just for Fun Poker (2nd)  
 6:30 Bid Euchre & Other Cards  
 7:00 Alzheimer's Association Support Group (3rd)

### Wednesday

8:10 Enhance Fitness  
 9:20 Drums Alive  
 9:30-11:30 Relaxed Pace Bridge  
 10:00 Laptop Intro. to Office  
 10:30 Reminiscence Writing  
 10:30 Body Rebound  
 12N Portage Rotary, no lunch today  
 1:45-4:45 Euchre  
 2:00 Readers Theatre (2nd & 4th)

### Thursday

9-11:00 Blood Pressure Clinic (2nd)  
 9-12:00 PSC Needlers  
 9:30 Choir Practice  
 9:30 Walkers with Walkers  
 11:00 SilverSneakers Splash  
 11:30 Out-toLunch (3rd)  
 11:45 Lunch  
 12:30 - 4:45 Billiards  
 12:15 - 4:00 Foot Clinic by appointment  
 1:00 Pinochle Single Deck  
 1:00 Hand Chimes  
 1:00 Prevent Memory Loss (2nd)  
 3:30-4:45 Ping Pong

### Friday

8:10 Enhance Fitness  
 10:00-12:00 Computer Tutoring  
 9:30-2:30 Trip Office open for business  
 10:30 Body Rebound  
 11:45 Lunch  
 12:30 Bridge  
 12:30-4:45 Billiards  
 1:00 Pinochle Double Deck (1st, 3rd, 5th)  
 1:00 Sisterhood (2nd)  
 1:00 Scrabble (1st & 3rd)  
 1:00 Dominoes (2nd & 4th)  
 1:00-4:00 Quilting

**Please note** that participants are asked to vacate the premises by 4:45, allowing staff time for site security, room and window checks, and alarm programming. Evening activities held at 5:00 or after do not alter daily activity end times.

#### Wish List

First-class postage stamps  
 New kitchen towels  
 Hand sanitizer