

Portage Senior Center February 2012 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		Loaves & Fishes Bag Collecting 1	Loaves & Fishes Bag Collecting 2 10-2:00 Hand & Foot 1-4:00 Foot Clinic by Appt.	Loaves & Fishes Bag Recycling 3 10-12 N Glass Art Class 1:00 Diabetes Support, Dr. Doe, Vision <div style="border: 1px solid black; padding: 2px; text-align: center;">National Wear Red Day- American Heart Association</div> 2:00 PM3 Cs 4
10:00 Computer Fundamentals* 6 5:00 PM Out to Dinner Gallagher's on Stadium	11:45 Valentine's Lunch 7	1:00 Painting With Acrylics* 8 6-7:30 PM Early Detection Matters	1-2:30 Happy & Healthy Memory Club 9 1-4:00 Foot Clinic by Appt.	1:00 Sisterhood Valentine Lunch at Main Street Pub 10
10:00 Free Legal Consultation by Appt. 13 1:15 Big Screen Movie, Kramer vs. Kramer 3:30 Chair Massage by Appt.	8:30 Out to Breakfast East Egg, Sears Drive 14 2:30 - 4:00 Valentine's Love Song Celebration 2:00 Readers Theatre	2:00 Photography Club 15 2:30 PSC Advisory Board Mtg.	11:30 Out to Lunch Theo & Stacy's Portage Road 16 1-4:00 Foot Clinic by Appt.	17 18 2:00 PM 3 Cs <div style="border: 1px solid black; padding: 2px; text-align: center;">Trip: Murder American Style</div>
20	8:00 Friends of the PSC Board Mtg. 21	9-4:00 PM AARP Driver Safety Class 22 <div style="border: 1px solid black; padding: 2px; text-align: center;">Trip: A Florida Gulf Coast Vacation</div>	9-4:00 AARP Driver Safety Class 23 1-3:00 Memory Matters 1-4:00 Foot Clinic by Appt.	24
27	Presidential Primary Voting Site 28 8:30 AM T'ai Ji* 10:00 Acrylics* 11 - 12N Silver Splash* 2:00 Readers Theatre	Loaves & Fishes Bag Collection 29		

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

Portage Senior Center March 2012 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Due to limited space, please refrain from bringing your Loaves & Fishes bags in early. </div>		10-2:00 Hand & Foot 1 11-11:30 Dome Golf* 1-4:00 Foot Clinic by Appt. Loaves & Fishes Bag Collection	1:00 Diabetes Support 2 Loaves and Fishes Bag Sorting <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> 2:00 PM 3 Cs 3
10:00 Computer 5 Fundamentals* 1:30 The Sheriff Comes to Town 5:00 Out to Dinner, Texas Roadhouse	1:15 - 2:45 PM Yoga at St. 6 Catherine's of Siena Stanley Center	10:00 AM Intro to Office* 7 10:30 PSC Writers* No Qi Gong tonight	1-4:00 Foot Clinic by Appt. 8 1:15 - 2:15 PM Beginner Plus Line Dance* 1-2:30 Happy & Healthy Memory Club 2:30 - 3:30 PM Beginner Line Dance*	1:00 Sisterhood Group 9 Fun, Games and Friendship! (PSC)
8:35 Enhance Fitness* 12 10:00 Free Legal Consultation by Appt. 1:15 Big Screen Movie, Driving Miss Daisy 3:30 Chair Massage by Appt.	8:30 Out to Breakfast 13 Antique Kitchen, S. Westnedge 11 - 12N French Club Meeting 11:45 St. Patrick's Day Lunch 6:30 - 8:30 PM Schram's Garden Talk	2:00 Readers Theatre 14	11:30 Out to Lunch 15 Callahan's Portage Rd. 1-4:00 Foot Clinic by Appt.	2:00 PM 3 Cs 16 <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> 2:00 PM 3 Cs 17 <div style="border: 1px solid black; padding: 5px; text-align: center;"> Trip: Celebrate Spring - Grand Rapids </div>
19	First Day of Spring! 20 8:00 Friends of the PSC Board Mtg. 6:30 - 8:30 PM Schram's Garden Talk	2:00 Photography Club 21 2:30 Advisory Board Mtg. 7:00 PM Qi Gong*	1-4:00 Foot Clinic by Appt. 22	23
11:30 - 12:30 Strength 26 Training*	6:30 - 8:30 PM Schram's 27 Garden Talk	2:00 Readers Theatre 28	1-4:00 Foot Clinic by Appt. 29	30
		<div style="border: 1px solid black; padding: 5px; text-align: center;"> Trip: "Gypsy" </div>		

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. Classes are in bold print; all other items listed are activities. 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

8:35 **Enhance Fitness**
 9:30-11:30 Relaxed Pace Bridge
 10:00 Trip Committee (3rd)
 10:00 Computer Fundamentals
 10:00 Free Legal Services (2nd)
 10:30 **Body Rebound**
 11:30 **Strength Training**
 11:45 Lunch
 1:00 Art Club
 1:15 Big Screen Movie (see calendar)
 1:30 Cribbage
 1:30 Canasta
 3:30-4:45 Ping-pong
 3:30 - 4:45 Chair Massage (2nd)
 5:00 Out to Dinner (1st)
 6:30 Pincochle/Cards

Tuesday

8:30 Out to Breakfast (2nd)
 8:30-9:30 **Tai Ji**
 8:30-4:30 Billiards
 9:00 Mini Bus Shopping
 9:30-2:30 Trip Office Open for business
 10:00 Wii Bowling
 9:30 Walkers w/Walkers (Crossroads Mall, Carousel at Food Court)
 10:30-12N Recycled Cards (1st, 3rd, 4th)
 11:00 **Silver Splash**
 11:45 Lunch
 12:30 Bridge - Gallery
 1:00 Mah-Jongg
 1:15-2:45 **Yoga**
 1-3:00 Woodcarving **
 1:00 Chair Volleyball
 3-4:30 Band Practice
 3:30 Hand Chimers
 6:30 Bid Euchre & Other Cards
 6:30-9:30 Just for Fun Poker Night (2nd)
 7:00 Alzheimer's Association Support Group (3rd)

** Woodcarving - PSC members Free/Non-Members \$3 per week

Wednesday

8:35 **Enhance Fitness**
 9:30-11:30 Relaxed Pace Bridge
 10:00 **Intro to Office**
 10:30 **PSC Writers Group**
 10:30 **Body Rebound**
 11:30 **Strength Training**
 12N Portage Rotary, no lunch today
 12:30 - 4:45 Billiards
 1:30-3:30 Scrabble (1st & 3rd)
 1:45-4:45 Euchre
 2:00 Photography Club (3rd)
 2:00 Readers Theatre (2nd & 4th)
 2-4:00 Computer Lab Open
 7:00 **QiGong**

Thursday

9-11:00 Blood Pressure Clinic (2nd)
 9-12N PSC Needlers
 9:30 Choir Practice
 10:00 Garden Club (2nd)
 9:00 Mini Bus Shopping
 9:30 Walkers w/Walkers (Crossroads Mall, Carousel at Food Court)
 10 - 2 Hand & Foot (1st Thu)*
 11:00 **Silver Splash**
 11:30 Out to Lunch (3rd)
 11:45 Lunch
 12:30 - 4:45 Billiards
 12:15 - 4:00 Foot Clinic by appointment
 1:15 **Line Dance - Beginner +**
 2:30 **Line Dance - Beginner**
 3:15 TOPS Club
 3:30-4:45 Ping Pong

*Not meeting Feb. & March

Friday

8:35 **Enhance Fitness**
 10-12:00 **Computer Tutoring** w/Gordon Heikkila
 9:30-2:30 Trip Office open for business
 10:30 **Body Rebound**
 11:45 Lunch
 12:30-4:45 Billiards
 1:00 Sisterhood (2nd)
 1:00 Project Enhance: Diabetes Education (1st)
 1:00 Bridge
 1:00 Dominoes (2nd & 4th)
 1-4:00 Computer Lab Open
 1-4:00 Quilting (open play)

Saturday

2:00 Three C's: Coffee, Cards & Conversation (1st & 3rd)

Daily Walk: 8:30 AM at Crossroads Mall, Food Court entrance

Free Hearing Screenings will now be offered on a quarterly basis. The next screening is scheduled for April 17, 9-11 AM, call for an appointment.