

Portage Senior Center Newsletter



Experience the Sensational Taste of Portage!
Saturday, June 23, 2012 from 4:30 PM – 8:30 PM
Overlander Bandshell

Portage Parks and Recreation invites you to celebrate the great food and entertainment that Portage has to offer at the 7th Annual Taste of Portage. If you love food, entertainment and a day surrounded by friends and family, we have it all at the Taste of Portage. There is a wide variety

Taste of Portage continued on page 3

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Fantástico! PSC Travels to Spain

A group of twenty have just returned from a fantastic trip to Spain and Portugal taken with the Portage Senior Center. Both are beautiful, fascinating countries with rich histories, diverse cultures, stunning architecture and fantastic scenery. We traveled 2800 miles just by motor coach, and that didn't include the journeys by high-speed train or the plane! We had a great time as we trekked

Spain continued on page 3

A Message from Your Deputy Director

Summer is finally here! We proudly present our summer edition of the PSC newsletter with a variety of healthy, entertaining and educational activities to choose from. During the summer we have great travel opportunities to enjoy, wonderful music with Glenn Miller Band coming to town, and great food and entertainment at the 7th Annual Taste of Portage. We hope that members take advantage of the "Senior Sizzlin Summer Events" and early bird specials we have cooked up in partnership with Portage Parks and Recreation.



For those of you new to the senior center, we sincerely hope that you will find that PSC is truly a "special place" for making new friends, rekindling favorite interests or finding new hobbies. For those of you who have been with us for awhile, take note that we are starting a new relationship with Western Michigan University's Division of Extended University Programs in June. In addition, our Portage Pedalers are back and group bicycle rides have been planned with a little something for everybody. We have kicked off a PSC Partners in Health and Wellness project that brings community health partners on site that will offer preventative health programs and tips for healthy living. Please be sure to get ahead of the game by signing up early.

We look forward to seeing you!

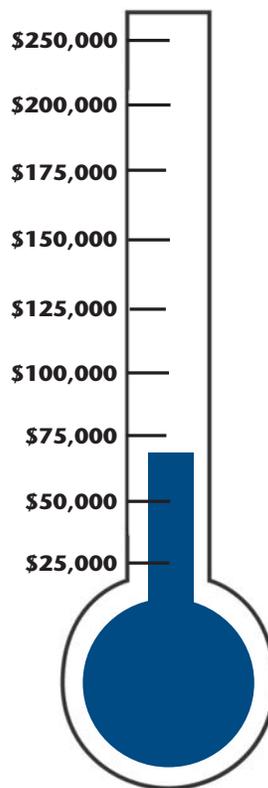
Jill Hess, Deputy Director, Recreation/Senior Center

The Portage Senior Center is open Monday thru Friday, 8 AM to 5 PM to serve you!

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



Revenue Thermometer



March - April 2012

Local Contributions\$460
Area Agency on Aging	...482
PSC Room Rentals435
Transfer from Trust0
Mini-Bus Donations2,650
Fund Raising1,011
Newsletter Ads3,571
Memberships5,520

TOTAL: \$72,576

Advisory Board

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Volunteer Coordinator
 Terri Drafta, BSW

Trip Coordinator
 Johanna Thompson

Nutrition Site Manager (Senior Services, Inc.)
 Vince Wheat

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 through the Area Agency on Aging. 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.

Good News! Your Membership Counts at PSC

As you know, the Portage Senior Center depends on annual membership dues for support. As we look ahead to a new fiscal year (July 1, 2012 – June 30, 2013) and its budget requirements, we see that 74% of PSC funding must be raised primarily through annual membership dues, class fees, annual contributions and grants. Meeting this challenge is something each of our members helps with when they pay their annual dues, contribute to the Annual Fund Drive, participate in fund raisers, and volunteer. The *Good News* is, we have a vibrant and caring community at PSC, and no one is turned away due to inability to pay for membership. Scholarships are available. If a scholarship is needed, participants can see any PSC staff member for confidential assistance. If you are aware of a non-member frequenting Center activities, please let him or her know that their membership counts in many ways, from documenting levels of member participation, to providing important numbers to local and government funding sources. So when you are greeted warmly at the receptionist desk and asked to sign in, please remember that your membership counts.

Taste of Portage continued from page 1



of favorite Portage restaurants with enough food choices to satisfy the pickiest of eaters. Let yourself be taken away with the great music of Al's Basement Band and SHOUT, a Beatles tribute. Want to bring the grand children? We have a great Kidz Zone that includes hands on activities and a huge obstacle course that kids won't be able to get enough of! Costs: \$2.50 entry fee at the gate. \$1.00 per food ticket.



Spain continued from page 1

through cathedrals, monasteries, palaces; viewed olive groves, vineyards, cork tree forests; experienced tapas dinners, yummy chocolate'y churros, wine tasting; and were entertained by colorful, fast-paced Flamenco dancers and Fado show. Consider traveling with us – we have a lot of fun!



Jody Bernhardt
Mrs. Michigan America 2006

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Pageant

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Special Lunches Crew

Jean Conner – Jean started helping out on the Planning Committee before she even became a member of the PSC. In 1985 she became a member and has been active at the PSC ever since. She enjoys playing cards, attending the

Pot Lucks, enjoyed participating in the *Walk, Talk & Lose Weight* group and attends exercise class. Jean prepares the silverware, napkins, place mats and sign in sheets that go on each table. She also helps serve the food for the lunches and many times she has been seen in the kitchen cleaning the pots and pans.

Barb VandeWerken – Barb was recruited to plan the cast party for the Variety Show and after doing this for a couple of years, she became a member of the PSC in January of 2001. Barb is the Pot Luck Coordinator for the monthly potlucks. She has been involved in many activities at the PSC and enjoys traveling with the PSC, is a member of the Sisterhood, and has taken classes such as stamping and digital photography.

Jim Hoppe – Jim has been a member of the PSC since 2008. He enjoys coming into the PSC to play Cribbage, Pinochle, and Euchre. In the past he was a member of the Friends board and he is presently a member of the Advisory Board into his second term. Jim is the kind of volunteer that you can call on when you have a need and if his schedule allows, he will be there. When Jim is not at the PSC then he is either at the YMCA or traveling. Jim helps set up and take down the tables and chairs for the lunches.

Lyn German – when Lyn became a member in 2009 she immediately became a member of the Reader's Theatre. Since then she has been a Pen Pal, cookie baker, volunteered at the Pig Roast, done gift wrapping at the Crossroads Mall and helped at the Ice Cream Social. Lyn and I will always remember last year when the weather was predicted to be bad and it kept its promise. We ended up hunkered down in the Grain Elevator with park rangers riding out the awful storm and tornado warning.

Linda Vogler – When Linda became a member in 2011 her friend Barb VandeWerken encouraged her to volunteer to help at the Special Lunches. Linda is so busy outside of the PSC with photography; helping maintain the prairie gardens at Parkview where she lives, swim group and being an election worker that we are pleased that she can help out with the lunches. In our down time before lunches start back up in the Fall Linda will enjoy being a new Grandma when her grandson is born in August.

Destany Kelly – Back in January of this year Destany contacted me and stated her interest in volunteering at the PSC. She has been home schooled and working and her schedule worked well around when the special lunches were so she signed on to help. She immediately became friends with Lyn German and two of them will sometimes play chair volleyball after the lunches. Destany will be starting classes at KVCC this summer with her focus being on Engineer/Technology. She is hoping that her schedule will allow her to help out in the fall with the lunches.

SHRED DAYS

Bring us your unneeded sensitive documents for **free** document shredding and destruction.
Open to the public.

GULL ROAD June 16 10:00am–12:00pm 5073 Gull Road Kalamazoo, MI 49048 269 488-4800	WESTNEDGE July 14 10:00am–12:00pm 6045 S. Westnedge Ave. Portage, MI 49002 269 321-9100
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 **Keystone**
Community Bank
We're all about you.



Parade of Homes

June 8 - 16, Friday - Saturday

There may still be volunteer opportunities available.

Just Call Me Volunteers Needed

Sometimes volunteer opportunities develop and I would like to expand my already present list to include more volunteers that have said to me "just call me if you need me". This position gives you the opportunity to receive the information and then let me know if you are available or not to volunteer. Please contact Terri Drafta if you want to be added to this list.

Thanks Intergenerational Program Volunteers

The Partners program provided a great year of enjoyment. Our field trip to the West Michigan Glass Art Center to make fused glass pieces was awesome. Each person made a pendant piece and two squares. One square will go onto a show board at the Glass Center for people to view and the second piece was put into a glass piece for use to show at the PSC and at the school. The Celebration Potluck night had us sharing sloppy joes good food and good friends. The fused glass piece was unveiled for all to see. My thanks to all of the Partners for a wonderful year.

My thanks to those that took the time every month to write a letter to their Pen Pal. The student letters were very interesting and the art projects that the students

sent with the letters were great. The students were very thankful for all of the Boxtops For Education and Campbells labels for their school. The Meet Your Pen Pal Party at the school is always fun.

My sincere thanks to all of the volunteers some of which were in both of the programs. Because of you, these programs exist and are successful.

Entertainment Needed

We are looking for suggestions/ideas for possible entertainment for the special lunches. The entertainment is scheduled for 15 - 20 minutes and you may contact Terri Drafta or Jill Hess with any suggestions.

Mini Bus Driver Substitutes

Drive the PSC 14 passenger mini bus. No chauffeur's license is needed. Training is provided. Candidate must have excellent driving record, vision, hearing and physical health. Ability to lift 25 lbs. The schedule for driving is between 8 AM - 1 PM.

Contact Terri Drafta, Volunteer Coordinator, 329-0863 or 329-4555 if you are interested in volunteering at the Portage Senior Center.

New Member Orientation

Thursday, July 19, 10:30 AM

The NMO is a great way for new members to learn more about the services available at the PSC, as well as to meet new people. Let the receptionist know if you would like to make a reservation for the lunch immediately following the presentation. Register at 329-4555.

Grocery Bingo

Wednesday, July 18, 1:30 PM

Free to members (\$5 non-members)

Bring your lucky rabbit's foot, 4-leaf clover, or whatever it takes to just win! Hosted by everybody's favorite caller, Karen Chaffee, with Bickford Assisted Living & Memory Care, you will enjoy a variety of games, grocery prizes, and witty commentary! For the grand grocery bingo finale, we will do a cover *all* and the winner gets the bag. Please register in advance by Monday, July 16.



A new approach to caring.

New Friends, *A Vibrant Life Community*, is dedicated to providing a warm and residential home-like environment for individuals living with memory support needs. Our staff is specially trained to respond to the ever-changing needs of people with cognitive loss; primarily supportive care for three stages of Alzheimer's disease and related dementia.

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PSC Pedalers

May - September
Wednesday, 8:30 AM

Why Do You Ride?

I'm talking about riding *pedal* bicycles, of course. My bike ride has become an escape from what ails me. It also gives me an excuse to eat a fiber bar or another cookie. But most of all, I ride so I can *feel like a kid again*. Well almost! I do wear a helmet and biking gloves these days that were nonexistent as a kid.

It's that time of year for The Portage Senior Center bikers to gather on Wednesday mornings, talk schedules and trips and winter solstice experiences.

We can't wait to hear about Jim Hainen's bike tour of Germany this last fall, combining biking and enjoying the grape harvest. Many of us are snowbirds and continue our biking in southern climate during the winter. Long time "originals" and PSC bikers, chose Florida: Lee Anderson in Fort Meyers, as does Enos Foss our past "community organizer". But Betty Winther and Hal Brandt find their seasonable biking in Texas.

Our current leader Bob Strader has discovered the trails with the guys around Gulf State Park, Mobile Beach, and Orange Beach AL. For variety they join their wives and ride a ferry over to Dauphin Island for a day's ride. The Villages near Ocala have trails for golf carts. But Lou Pape finds ample space to ride his bike there also.

PSC Pedalers continued on page 7

"My therapist got me walking again—in the comfort of my home."



Kevan Peet is fully recovered from his knee replacement surgery thanks to physical therapy delivered by Borgess specialists. After receiving home therapy for several days each week, Kevan was able to regain his mobility, flexibility and strength.

If you or a loved one could benefit from skilled home care, trust your care to the area's original and most experienced provider—Borgess Visiting Nurse & Hospice. From skilled nursing and specialized heart and wound care to rehabilitation services, the Borgess advantage includes:

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PSC Pedalers continued from page 6

We can't wait to talk more with Harriet Swanson who has done us proud with her many past bike trips into the mountains. This year she tells me she tried out the Road Scholars trip around Naples, Florida. However, on our way back up the Gulf coast in February we discovered a senior biking group doing the fine trails in and around Venice, Florida which gives us reason enough to mark that as a longer stay over on our next winter's excursion south.

Again, why do you ride? We'd like to hear your motivations. We'd also like you to share your biking experiences, especially those from over this past winter. Carolyn Burns billcare@excite.com 269-329-2470.

Here are some "experiences" from others outside our local gang:

"The bicycle is the most efficient machine ever created: Converting calories into gas, a bicycle gets the equivalent of three thousand miles per gallon."

Bill Strickland, *The Quotable Cyclist*.

"You never have the wind with you - either it is against you or- you're having a good day."

-Daniel Behrman, *The Man Who Loved Bicycles*.

"All bicycles weigh fifty pounds. A thirty-pound bicycle needs a twenty-pound lock. A forty-pound bicycle needs a ten-pound lock. A fifty-pound bicycle doesn't need a lock."

-Author Unknown.

Portage District Library

**Heartland Hospice Grief and Loss Lunch & Learn
Friday, June 15 Noon - 1:30 PM**

This is a drop-in meeting with grief counselors to learn about and help work through grief and loss support. Bring your own sack lunch. Beverages will be provided. No registration is required.

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Out to Eat Dining Club

An advance reservation with the reception desk by the previous business day by noon is required for this activity. All meals are self-pay. Hosts: Hal and Shirley Ray.



June

Dinner

Monday, June 4, 5 PM
Logan's Road House
6701 S. Westnedge

Breakfast

Tuesday, June 12, 8:30 AM
LaRue's
6375 Stadium Drive

Lunch

Thursday, June 21, 11:30 AM
TGI Friday's
West Main at 131

July

Dinner

Monday, July 2, 5 PM
Schnauzer's Bar & Grille
201 N. Grand, Schoolcraft

Breakfast

Tuesday, July 10, 8:30 AM
Colonial Kitchen
7816 S. Westnedge

Lunch

Thursday, July 19, 11:30 AM
University Road House
1350 West Michigan

Big Screen Movies

"My Girl"

Monday, June 11, 1:15 PM

Anna Chlumsky makes an extraordinary acting debut as Vada Sultenfuss, a precocious 11-year-old tomboy obsessed with death in this coming-of-age comedy. Dan Aykroyd plays her widowed father (the town mortician) and Jamie Lee Curtis is the attractive cosmetologist he employs. Macaulay Culkin ("Home Alone") is Thomas J., the boy who idolizes Vada. Their summer adventures -- from first kiss to last farewell -- introduce Vada to the world of adolescence. Bring a tissue for this flick. 102 minutes. View the movie for [free](#); popcorn is only 50 cents.

Big Screen Movies continued on page 9

Goldentree is an adult community for those 55 years and older.

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Mon-Fri
9 am-5 pm

Bronson Helps PSC Embark on Partnerships in Health and Wellness

*Focus Group Participants Needed
Friday, June 15, 1:00-2:30 PM*

With help from **Bronson**, a steering committee of wellness advocates is planning a focus group and is seeking members' help to identify what health and wellness information for older adults at the PSC is most beneficial. This may include up-to-date medical information, tips for healthy living, and sources for support for older adults who are coping with diseases or conditions of aging. Our next meeting will be a focus group to gather feedback on health priorities from our membership. We are grateful that Bronson has put together an interest survey to help us with this project. Bronson is one of several local and regional health partners who are interested in providing us with an opportunity for program growth in this area and more in depth evaluation about the needs and interests of PSC membership. Please join us as we continue to make PSC a destination for information and a range of services and activities for older adults that foster personal growth, friendship, and health. Register at PSC.

When 15 Minutes Could Help Save Your Life

*Sign Up in June for Free Stroke Risk Assessment
Friday, July 20 12 noon-3 PM*

*Fee: Free—must pre-register by July 13
Location: PSC*

Three Rivers Health believes that when it comes to your well-being, prevention is just as important as diagnosis and treatment. That's why they are offering a free Healthy Heart Screening and Stroke Risk Assessment to check your blood pressure, potential risk factors, and glucose. Healthcare professionals will be available to answer your questions. To put your mind at ease, register for your screening today at 329-4555.

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Real Estate, Deeds	Medical Malpractice
Corporations, Partnerships	Worker's Comp., Social Security
Business, Contracts	Felonies, Misdemeanors

Senior Discounts

1611 W. Centre Ave., Suite 201, Portage, MI 49024 • 323-9486

Red Cross Blood Drive

Friday, July 27 3-8:00 PM



Did you know, there is no age limit on giving blood, that blood is a perishable product, and that every two seconds, someone in the United States needs a blood transfusion? Your one donation may save three lives. People 69 years of age or older account for only 10% of the population, but use 50% of all whole blood and red cells transfused. Blood is needed by cancer patients, premature babies, transplant recipients, and people with serious diseases as well as trauma and accident victims. All donated blood is tested for transmitted diseases. You cannot contract HIV or any other infectious disease by giving blood. Of the four seasons we enjoy in Michigan, summer is the season with the highest need for blood.

The Portage Senior Center will be hosting a Red Cross Blood Drive the afternoon of Friday, July 27. Please consider donating blood, or volunteering to help out at the cookie table or assist donors with paperwork, etc. For more information, call Wendy Glaser at 269-870-0015.

You've Earned a Say!

Friday, June 15 10-11:30 AM

Medicare and Social Security: What's at Stake?

Please join PSC member William (Bill) McCarty, AARP volunteer and tell him what you think on the topic of Medicare and Social Security. How would you describe Social Security? When it comes to securing the future of Medicare and Social Security, what are your expectations? What about changes being made to Social Security and Medicare in Washington? These questions and more will stimulate a lively discussion about strengthening Medicare and Social Security benefits for current and future generations.

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Saturday, August 18 1:00 - 4:30 PM

Portage Senior Center & Green Space

Circus Among Us	1:00-3:00
Craft a Sundae	1:00-3:00
Senior Center Band	2:00-3:00
Interactive art Knitting	1:00-3:00
Wood Carvers	1:00-3:00
Create and fly designer paper airplanes	2:00-3:00

Portage District Library

Art Reception & Demonstrations	2:30-4:30
K'zoo Folklife, Atrium	2:00-3:15
Hired Hands, Atrium	3:15-4:30
Interactive art, lower level	2:15-4:15

Cosponsored with Portage Entertainment Series

Stuart Manor Teas & Movie Pairings

A Stuart Manor Tea

A New Way To Look at Classic Mysteries & a Foreshadowing of Those to Come

Wednesday, June 6 12:00-1:30 PM

Prepaid registration is required at the Portage Parks Department (329-4522)

Location: Stuart Manor, Portage Celery Flats

Thursday Night at the Movies

Movie Pairing for "A New Way To Look at Classic Mysteries and a Foreshadowing of Those to Come" Stuart Manor Tea

"Rebecca" (not rated)

Thursday, June 7 6:30 PM

Location: Portage District Library

Stuart Manor Tea

"History of the Blues" by John Speeter

Wednesday, June 20th 12:00-1:30 PM

Prepaid registration is required at the Portage Parks Department (329-4522)

Location: Stuart Manor, Portage Celery Flats

Thursday Night at the Movies

Movie Pairing for "History of the Blues"

Stuart Manor Tea

"O'Brother Where Art Thou?" (rated PG13)

Thursday, June 21st 6:30PM

Location: Portage District Library

A Stuart Manor Tea

Literary Humor: "A Fresh Splash of Quirky, Several Pinches of Wit, A Strong Dash of Irony" by Elaine Seaman

Wednesday, July 18 Noon - 1:30

Prepaid registration is required at the Portage Parks Department (329-4522)

Location: Stuart Manor, Portage Celery Flats

A Stuart Manor Tea

The Titanic: Join A 100-Year Anniversary Voyage

Wednesday, August 1 12:00-1:30 PM

Prepaid registration is required at the Portage Parks Department (329-4522)

Location: Stuart Manor, Portage Celery Flats

Wednesday Afternoon at the Movies

Movie Pairing for "The Titanic" Stuart Manor Tea

"The Unsinkable Molly Brown" (Not Rated) 1964

Wednesday, August 1 2:00 PM

Location: Portage District Library

Lunches of Note: Smoothie Making with the Fresh Food

Thursday, July 19 Noon-1:00 PM

Age Group: Middle School-adult

Registration Required

Cosponsored with the Portage Summer Entertainment Series.

Big Screen Movies continued from page 7

"March of the Penguins"

Monday, July 9, 1:15 PM

Every year, thousands of emperor penguins make an astonishing journey to breed their young. They are birds, but they don't fly. They are aquatic animals, but this time they don't swim. Instead they walk -- marching day and night in single file 70 miles into the darkest, driest and coldest continent on Earth. Narrated by Morgan Freeman, "March of the Penguins" is a true tale touched with humor and alive with thrills. Breathtaking photography captures the beauty and drama of devoted parent penguins that defy staggering odds to protect their fragile, fuzzy chicks. 80 minutes. View the movie for free; popcorn is only 50 cents.



Living Your Life at Home

~ SERVICES ~

The following services that we are providing are:

- Private Duty Home Care - Medical and Non-Medical
- Home Health Aides, Companions
- Free In-Home Patient Assessment
- Personal Care Bathing/Dressing
- Meal Preparation
- Housekeeping/Laundry

- Shopping/Errands
- Transportation/Dr. Appointments
- Relief Care for Family Members
- Alzheimer's and Dementia Care
- Medication Set Up/Monitoring
- Injections
- Personal Shopping

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Upcoming Classes

*All registration deadlines are one week prior to date of first class session, unless otherwise noted.

** All fees listed as member/non-member, unless otherwise noted.

AARP Driver Safety Class

Fee: \$12 AARP Members
\$14 Non-members
\$5 Teachers & Retired Teachers
Instructor: Richard Baker
Thurs, July 26, 9-4:00 PM
Update your driving skills by learning how driving responses change as we age and how to respond to these changes. Note that Hartford, Auto Owner's, and Farmer's insurance companies give discounts to those who take this class. Check with your auto insurer for specifics. Make checks payable to AARP Driver Safety Class. Register at PSC.



Computer Fundamentals

Fee: \$20 (members only)
4 weeks
Mon 10 AM - 12 Noon
June 4 - June 25

July 9 - July 30
Instructor: Gordon Heikkila
This introductory class forms the base for learning to use the computer efficiently. Participants receive a helpful handout for future reference.

Intro to Office

Fee: \$20 (members only)
Wed, 10 AM - 12 noon
June 27 - August 15
(no class July 4)
Instructor: Royce Bland
Intro to Office is a class designed for those who have some basic working knowledge but would like to learn more about how to utilize Microsoft Office software for personal applications. Class will provide an overview of Windows Explorer, Word, Excel, Access, PowerPoint, and Photo Editing.

Please note: Students will need to bring a one Gigabyte Flash drive to each class including the first class. Flash Drives will be used to save lesson plans and homework.

Computer Tutoring

Individual computer tutoring by an experienced volunteers is available Mon - Wed - Fri for a \$5/hour fee. Your appointment time focuses on whatever aspect of computer usage you'd

like to cover. Members only. Register at 329-4555.
Mon and Wed, 12-1 pm - Paul S.
Mon and Wed, 1 - 3 pm - Jess A.
Fri, 10-12 noon -Gordon H.

Body Rebound

Fee: \$30/\$40 (8 wks)
M/W/F, 10:30-11:30 AM
June 11 - August 3
Instructor: Helene Thompson
This class is non-aerobic and designed for those who may be just getting started with exercise. Get fit at a pace that is comfortable and safe.

Enhance Fitness

Fee: \$32/\$42 (8 wks)
M/W/F, 8:35 -9:35 AM
June 22 - August 13
(no class July 4)
Instructor: Deb Snell
Evidenced based, nationally recognized older adult fitness program that promotes increased endurance, muscle tone, and self-esteem. Endorsed by the State of Michigan.

ance, muscle tone, and self-esteem. Endorsed by the State of Michigan.

Fiction Writing Workshop

Fee: \$29/\$34 (5 wks)
Mon 10 - 12:00 noon
July 9 - August 13
(no class July 23)
Instructor: Wilma Kahn
In this course, you will write, share, and discuss fiction in a relaxed and supportive atmosphere. You will work on improving setting, character, dialogue, plot, dramatization, and style. Instructor will lead discussions, respond in writing to your work, and provide lectures and handouts as needed. You should bring paper and pencil to each class. If you have already written some fiction, please bring a sample to the first meeting.

Classes continued on page 14

Now Accepting Medicare Part B for Diabetic Testing Supplies, Nebulizers, and Drugs

We have achieved the Award of Accreditation from HQAA.

We now can bill Medicare Part B and your supplemental insurance; Medicaid, or Blue Cross / Blue Shield of Michigan for all your diabetic testing and nebulizer needs.

We accept nearly all private insurance plans, Medicare Part D plans, and Medicaid.



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Classes continued from page 13

Instructor Wilma Kahn has an MFA in Creative Writing (WMU) and a Doctor of Arts in English (SUNY Albany).

I Want A Happy and Healthy Memory!

Fee: \$5
 \$8 non-members/session
 2nd Thurs of every month
 June 14 & July 12
 1 - 2:30 PM
 Instructor: Suzanne Gernaat
 A discussion/activity group, that meets once a month, to hear about the latest brain/memory research, do memory games and exercises and learn about online resources and things you can do to keep your memory working.

You will enjoy many hands-on activities and receive printed materials and resources you can use at home. Put down that TV remote and do yourself a favor, exercise your memory. A good memory can help you keep your independence.

Every month you will gain valuable information and have fun learning about the exciting ways to keep your memory healthy and happy!



Line Dance Classes

Fee: \$22/\$27 (6 weeks)
 May 31 - July 5
 July 12 - August 16
 Thurs
 Beginner Plus: 1:15 - 2:15 PM
 Beginner: 2:30 - 3:30 PM
 Instructor: Deb Snell
 Have fun, get fit, and learn the latest Line Dances while you're at it! Line Dancing is a great way to meet new friends, tone up your muscles, and improve your coordination. The **Beginning** class will start with the basics and progress on to simple routines. In the **Beginners Plus** class, the instructor will *gradually* build in a few more steps to the routines learned in the Beginning class.

PSC Writing Group

Fee: \$30/\$40 (7 weeks)
 May 2 - June 13
 June 27 - August 15
 (no class July 4)
 Wed, 10:30 AM -12 noon
 Instructor: Wilma Kahn
 Write and share essays or poems. Participants choose their own topics, such as family history, autobiography, travels, nature, war-time experiences, responses to contemporary life, exercises in wit, etc. Teacher gives written

response to class members' work. Instructor has an MFA in Creative Writing and a DA in English.

QiGong

Fee: \$38/48 (7 weeks)
 Wed, 7 - 8:00 PM
 May 9 - June 27
 (no class June 13)
 July 11 - August 22
 (no class July 4)
 Instructor: Ed Kehoe
 In this class you will learn Ancient Five Element Qigong routines that have been a part of Traditional Chinese Medicine for thousands of years. These routines are designed to build and strengthen your internal health creating harmony within yourself and with your environment. Qigong exercise has improved the functioning of the immune system, circulation and central nervous system for

millions of people all over the world. The class will be taught by Ed Kehoe who has been teaching Tai Chi and Qigong full time for over 6 years and has been studying these methods for over 20 years.



Rubber Stamp Art

Fee: \$5 PSC members only
 June 6 - August 29
 Wednesday, 1:30 - 3:30 PM
 Instructor: Pat Toole
 Create beautiful cards, bookmarks and more with this fun art activity. A few basic supplies are needed after attending your first session.

Classes continued on page 15



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Classes continued from page 14



SilverSplash

Fee: \$43 PSC members (4 weeks)*

Session 1: June 18 - July 21

Session 2: July 23 - August 25

Tues & Thurs, 11 - 12:00 noon

Location: Portage YMCA- 2900 W. Centre

SilverSplash is an aquatics-based exercise program designed to help build strength and increase range of movement. A kickboard (provided) is used for balance support and to provide moderate resistance challenges. Since all exercises take place in the pool, there is minimal wear and tear on your joints. This class made possible as a result of a special partner-

ship between the PSC and Portage YMCA. Participants can register at the YMCA, and will need to present this class flyer or your name badge upon registration. *The YMCA will charge a \$5 "Late registration fee" for any enrollments less than one week prior to scheduled start date.

Strength Training

Fee: \$38/\$48 (7 weeks)

May 21 to July 11

No class May 28 & July 4

July 16 - August 29

Mon/Wednesday, 11:30 AM- 12:30 PM

Instructor: Susan Iervolina
Location: St. Catherine of Siena - Stanley Center

Enjoy an exercise program that is designed to increase strength, boost energy levels, and enhance muscle tone.

T'ai Ji

Fee: \$38/\$48 (7 weeks)

Tue, 8:30 - 9:30 AM

May 1 - June 19

(no class June 12)

June 26 - August 7

Instructor: Ed Kehoe

The graceful movements of the Chinese art of T'ai Ji disguise a powerful system of exercises that have long been recognized for their therapeutic qualities.

Living without Looking

WMU Lifelong Learning Academy

2 Sessions: Thursday,

June 14 & 21, 3-5:00 PM

Fee: \$20 Members of

Lifelong Learning Academy

\$30 non-members

Location: PSC

For information or to register call 387-4200

In this course, the instructor will spotlight practical methods for living with blindness, including money identification and management, food and clothing identification, environmental orientation, common sense intuition, logic and other concrete alternative techniques. Perhaps the most important piece of this puzzle will be ways to find peace and well-being with blindness and then making it into a friend. Students will learn that the condition of blindness,

although considered by many to be a devastating final blow may, in its own way, be a blessing. By learning and using skills of blindness, alternatives for vision loss, there is a light at the end of the tunnel. This course is intended for those beginning to deal with vision loss as well as others simply interested in the topic.

Instructor: Betty Lujan Roberts earned an MA, Dept. of Blindness & Low Vision Studies at WMU. She was a rehab teacher at the Michigan Commission for the Blind, Kalamazoo for 38 years. She taught adjustment training skills to blind & vision-impaired students, ages 12-93. Betty is 100% blind and taught through personal experience and professional knowledge. She was a founding member of the Disability Network of SW Michigan and received their 2011 Lifetime Achievement Award. She is an active participant in her church & community and has traveled extensively in this country and abroad. The wealth of her personal and professional experiences exemplify living without looking.

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Mary Simon Dunn



Welcome New members

Between February 27 and April 30, 2012

Paul Nimz

Stephen Rader

Christine Porter

Lavonne Counterman

Robert & Carol Robbins

Jeannette Davis

Judith Myers

Dick Everett

Doug & Lorraine

Dykehouse

Tom VendenBerg

James Howie

Nancy Lowe

Andrea Deming

Adrian Slikkers

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Fun 2012 Day-Trip Outings!

LORETTA LYNN LIVE, Drury Lane Theatre, Oakbrook Terrace, Illinois

Sunday, June 24

Here is your chance to see Grammy Lifetime Achievement Award-winning country star, Loretta Lynn, perform live! For over 50 years, Loretta has remained one of the most artistically and commercially successful country singer-songwriters in the world. Great seats, great show and great lunch!

WEST MICHIGAN WHITECAPS VS. BOWLING GREEN HOT RODS, Grand Rapids, Michigan

Tuesday, June 26

DUNE SCHOONERS & DUCKS, Saugatuck, Michigan
July (check with Trip Office for exact date)

This past adventure is being brought back by popular demand! Discover the slopes and valleys of the incredible Michigan dunes aboard a dune schooner. Afterward, enjoy a land-water tour of Saugatuck and Douglas aboard the Harbor Duck. This includes a ride across Lake Kalamazoo while listening to a humorous and informative narrative.

SAND DUNES, A PRINCESS AND MANSIONS, Muskegon, Michigan

Tuesday, July 10

Join us for a visit to the largest city on the eastern shore of Lake Michigan! Formerly known as the Lumber Queen of the World, Muskegon produced 665 million board feet of lumber in 1888 alone. Our trip takes us to the Hackley-Hume homes, the Victorian mansions of two area lumber barons. Learn about the City of Muskegon at the historical museum, enjoy a luncheon cruise aboard the Port City Princess, and check out the new pier and boardwalk at Heritage Landing.

THE OSMOND BROTHERS, Bear Creek Farms, Bryant, Indiana

Saturday, July 21

The infamous Osmond Brothers have been performing world-wide for 50 years and have practically lived on a stage, thrilling millions of people! They perform all

styles of music from barbershop, pop, rock, country, and jazz, and their close harmonies cannot be matched by any other group. Includes lunch.

FUNNY MONEY, Tibbits Theatre, Coldwater, Michigan
Thursday, July 26

“Master of Farce” Ray Cooney loves to write his characters into a corner and entertain the audience, watching them squirm. A mild-mannered CPA Harry Perkins accidentally picks up a briefcase full of money instead of his own, which he decides to keep. Add in a crazy birthday party, weird friends, two mislead detectives, a dead body, a cab driver and mysterious visitor, and this show will not disappoint your funny bone!

DETROIT TIGERS VS. NEW YORK YANKEES, Comerica Park, Detroit, Michigan

Thursday, August 9

SOUTH HAVEN MARITIME MUSEUM AND SAIL, South Haven, Michigan

Wednesday, August 15

War on the Lake? Travel to South Haven and learn all about it! Stop en route for a delicious lunch (included). Visit the Michigan Maritime Museum and sail on the Friends Good Will ship to learn about her role in commerce and in the War of 1812. On the way home, stop at Sherman’s to enjoy an ice cream treat.

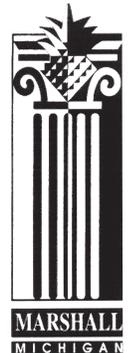
WEST MICHIGAN WHITECAPS VS. GREAT LAKES LOONS, Grand Rapids, Michigan

Tuesday, August 21

ON GOLDEN POND . . . Purple Rose Theater, Chelsea, Michigan

Wednesday, August 22

This charming love story follows Ethel and Norman Thayer as they return to their summer home in Maine. Their respite is interrupted by the unexpected arrival of their estranged daughter, her fiancé, and his teenage son. In the twilight years of marriage, Ethel and Norman rediscover the joy and romance of everyday living. Lunch included at the Common Grill.



MARSHALL HISTORIC HOME TOUR, Marshall, Michigan

Saturday, September 8

Travel continued on page 18

Your Company

How would you like to print 2,500 business cards and have them delivered to the homes of 2,500 active seniors with discretionary income and time for less than 3¢ each?

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.

Travel continued from page 17

Marshall's Home Tour was voted the Best Home Tour by the readers of AAA's Michigan Living magazine. Join us for the 49th Annual Historic Home Tour offering exquisite private homes and businesses for public viewing and enjoyment. Tour features seven homes and includes seven historic museums, unusual architecture, antique home furnishings, Civil War memorabilia, a restored antique post office and more! Bring a travel buddy as you'll be visiting each location at your own leisure with lunch on your own. Transportation provided to outlying venues.

TO HELL AND BACK with a little fun along the way! Livingston County, Michigan
Wednesday, September 12

Visit the Hamburg Historical Museum, which displays a permanent train setting and other historic exhibits representing Hamburg since the 1800's; enjoy lunch at Zukey Lake Tavern (included) while viewing the lake and beautiful fall colors; travel to Hell where a very entertaining step-on guide will conduct the tour through Hell. You will also have the opportunity to send a post card with the official "Hell" postmark and have your photo taken next to the city sign. Tea, cookies and sundae at Screams Ice Cream all included.

RAY STEVENS LIVE, Shipshewana, Indiana
Friday, September 21

Don't miss this chance to see Ray Stevens "up close and personal" from your center seats just 10 rows back from the stage! From his multi-million selling comedy hit, *The Streak* to the socially aware *Mr. Businessman* to his Grammy award-winning pop standard *Everything is Beautiful*, his talent has touched so many. Delicious lunch included at the Blue Gate Restaurant. **Reduced price of \$114 (early bird, member)**

DETROIT TIGERS VS. MINNESOTA TWINS, Comerica Park, Detroit
Sunday, September 23

XANADU, Drury Lane Theatre, Oakbrook Terrace, Illinois
Thursday, October 25

This musical comedy is based on the 1980 classic film of the same name, which was inspired by the 1947 Rita Hayworth film, *Down to Earth*. The story focuses on a Greek muse, Clio, who descends from Mt. Olympus to Venice Beach in 1980 on a quest to inspire a struggling artist, Sonny, to achieve the greatest creation of his life - a roller disco. Lunch included.

Extended Trip Get-Aways!

MISSISSIPPI RIVER TWILIGHT RIVERBOAT CRUISE & The House on the Rock
August 1 - 4

Journey back in time to the days where steamboats were

the fastest, safest and most luxurious transportation in the country. The Twilight Riverboat is a replica of the lavish Victorian steamboats of a century ago. Journey 94 miles (one way) from Dubuque to LeClaire, Iowa on the mighty Mississippi, the third longest river in the world.



WESTERN NATIONAL PARKS . . . "Wonders of the World"

August 5 - 15

Experience the wonders of the West through its best-known national parks. Interested in seeing stunning scenery and amazing wildlife? This tour, featuring diverse landscapes from painted canyons to awe-inspiring
Travel continued on page 19

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Travel continued from page 18

national parks, is for you! Highlights include Arches National Park, Canyonlands National Park, Grand Teton National Park and Yellowstone National Park including Grand Canyon of Yellowstone; Colorado National Monument, Crazy Horse Memorial and Mount Rushmore National Memorial; Salt Lake City (Utah), Jackson Hole (Wyoming), and much more! **Includes airport transportation.**



Photo courtesy of James D. Coppinger



A CAPITOL ADVENTURE

September 6 – 11

Pennsylvania highlights include historic Gettysburg, the Dobbin House Tavern, personal appearance by Abraham Lincoln, and Gettysburg National Military Park. Capitol highlights include evening illuminated monument tour, tours of Arlington National Cemetery, Mount Vernon, Kennedy Center, visit to newly opened Flight 93 Memorial and more.

NEW YORK STATE OF MIND

September 26 – October 1: Trip filling up quickly. Don't delay.

Travel with Kalamazoo Symphony Orchestra and Portage Senior Center to the amazing city that never sleeps. Accommodations will be in a fine hotel near Times Square, within walking distance of great Broadway District theatres and restaurants. Besides seeing three exciting Broadway shows, "On-and-Off" bus passes are

included (on those famous big red, double-decker buses). You will have free time to visit the talked-about sites of NYC, its world-renowned museums and art galleries, shopping, etc. **Now includes airport transportation and reduced price of \$2855 (double)**

HIDDEN TREASURES – A MYSTERY TRIP

October 3 – 5

Mirror, mirror on the wall. Where shall we travel to this fall? It's a small world after all, and if you go, you'll have a ball! We can't tell you where, but we can tell you when. This trip includes stops at some very diverse and exciting venues, plus most meals. This one's a real winner! Clues will be given for those who are driven to know where we'll go. Good luck with your search, but the best thing to do is climb aboard the bus and leave everything to us.

CHRISTMAS! IN A WHOLE NEW LIGHT

November 27 – 30

Travel to Louisville, Kentucky to see *Kalightscope* – a display of luminaries ranging in size from 6 to 24 ft. high, made of beautiful silk fabrics and designs from China; also browse the Mistletoe Marketplace. Another hi-light is a ride through Louisville's Mega Cavern, which has been transformed into a winter wonderland with over 2,000,000 lights and is the only underground light show of its kind in the world! Accommodations are at the lovely Galt House Hotel, with its 1290 rooms and excellent location on the banks of the Ohio River. Included are 2 great dinner theatre shows, Kentucky Derby Museum Tour and more in this delightful Christmas trip!

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Being a PSC Member Has its Privileges!

Don't miss the insert in this newsletter for the 2012 Summer Entertainment Series, Senior Sizzling Summer Events. New this summer season, and exclusively for Portage Senior Center members only, enjoy Early Bird special prices and packages for Senior Sizzling Summer Events at the Overlander Bandshell, Celery Flats Historical Are, Celery Flats Amphitheatre, Hayloft Theatre and Millennium Park Amphitheatre. Portage Senior Center is excited to be included in this special entertainment series through our connection with City of Portage Parks and Recreation—Cultural Events Division.



Highlights of the “smokin hot” season include: Free Concerts, Shakespeare’s the Tempest, the World Famous Glenn Miller Orchestra, and the opportunity to enjoy a Glenn Miller pre-show tea time. Make your plans now and join your friends at the PSC and take advantage of a really special season of summer events. Summer program information can be obtained at the PSC receptionist desk, or, by contacting City of Portage Parks and Recreation at (269) 329-4522.

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