

# Portage Senior Center Newsletter

June/July 2016



## Big Band to Broadway with the PSC Band

**Tuesday, June 21  
3:00 PM**

**\$1 Event Registration**

The PSC Band is hosting a band dance event on Tuesday, June 21 at 3:00 PM at the PSC. Dust off your dancing shoes and be prepared to dance with a wide variety of great music from Big Band to Broadway! If you like to dance then make sure the PSC is on your dance card. No partners are necessary. Refreshments provided by our sponsor, ComForcare Home Care. Registration deadline is Friday, June 17.

## Summertime Lunch with the PSC Hand Chimes

**Thursday, June 2  
11:30 AM Hand Chimes Performance  
11:45 PM Lunch  
\$5 Lunch Reservation**

Sign up now for this

special event showcasing the talent of our own PSC Hand Chimes. Starting at 11:30, they will provide an array of music for your enjoyment before lunch.

Lunch is prepared by Chef Roger of MediLodge of Portage. Registration deadline is 10:00 AM on Wednesday, June 1.

## Chair Volleyball Tournament with Heritage Community of Kalamazoo

**Tuesday, June 14  
1:30 PM  
Free**

Join us for the first ever match between PSC members and Heritage residents. There will be two nets set up for this event. Spectators are welcome; a good time is guaranteed. Refreshments will be served. Let us know if you will be cheering on



this event by registering at the Reception Desk. Bring a blanket or chair and

enjoy an evening of great music.

## Casino Trip

**Four Winds Casino, New Buffalo  
Tuesday, July 5**

Back by popular demand! Try your luck at Four Winds Casino in New Buffalo. Your reservation includes comfortable motor coach transportation, \$15 in slot play and a \$10 food voucher. Let someone else do the driving while you enjoy some bonus games and prizes along the way. Depart from

Harding's Marketplace in Portage at 8:30AM. Depart Four Winds Casino at 3:00PM, with an approximate return time of 4:00PM. Trips must be paid in full at time of registration. Please register at the Reception Desk. IMPORTANT - Due to casino requirements, please be prepared to

provide full legal names and birthdates for all registered individuals. If you have a "W Card" from Four Winds Casino, please let us know that as well. Please note there will be no refunds given 15 days prior to the trip. \$25 Members, \$35 Non-Members.

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### Coloring, Coffee and Conversation

1st, 3rd & 5th Wednesdays  
1:00 - 2:00 PM  
June 1 - August 31  
No class July 13

Who knew coloring could be fun and keep your brain alert? The world needs more alerts! Coloring can trigger the logical side of your brain and generate a more creative mindset. This trend has even popped up on best seller list. This hour long session will relax your mind and your body. With coffee and tea, great conversation is guaranteed to follow. All coloring books and coloring utensils will be provided, but feel free to bring your own. Register at the Reception Desk.

### Kalamazoo County Advocates for Senior Issues (KCASI)

Monday, June 20, 1:15 - 2:45PM

KCASI is a local organization whose purpose is to advocate as a non-partisan group for the improvement of conditions affecting the lives of older adults and future generations. KCASI meets monthly, and the June meeting will be held at the PSC. Join us for a presentation on what a "Community for a Lifetime," is all about and a discussion about how Portage stacks up. Guest speakers will include Judy Sivak, Director, Area Agency on Aging; Kim Phillips, Senior Citizen Services Manager; and Laurence Shaffer, Portage City Manager. Representative Brandt Iden will also be invited to attend. These meetings are free and open to the public. Refreshments will be served.

### LegsWorks Presentation and Demonstration

Friday, June 17, 10:00 AM  
Presenter: Center for Vein Restoration

You are invited to come to our informative LegsWorks Presentation. Do you have healthy veins? LegsWorks clinical team will describe causes, symptoms, diagnosis and treatment of venous insufficiency. Participants will learn about the causes and stages of the disease, and how ultrasound scans are used to evaluate patients. Treatment options will be explained: same-day, minimally invasive procedures, no hospital, no stitches, no time away from work or family, most procedures covered by insurance. Register at the Reception Desk.

### Remember Paper Dolls?

Friday, June 24, 1:00 - 3:00 PM  
Presenter: Vanita Aloisio

This media and hands-on presentation includes paper doll sets from the Depression to the present, both commercial and hand drawn by four generations. You'll learn a bit about the history of paper dolls and see various sets from different decades. If you have saved your own paper dolls, bring them for a bit of "show and tell." Register by Wednesday, June 22.

### Thursday Lunch Program

11:45 AM  
\$5 Lunch Reservation

Lunch service will be held on Thursdays. The food will be prepared by MediLodge of Portage (Chef Roger). A lunch menu will be posted on our bulletin board in the PSC Lobby. Come and enjoy a delicious lunch while you get to know your fellow members. Registration deadline is 10:00 AM Wednesday the day before lunch. Lunches require advance registration and payment.

### Advisory Board

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- Afternoon: Dawn Shiels
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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.

Accredited by  National Institute of Senior Centers

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

### Lunch with Langelands: "Old Glory"

Tuesday, June 28

11:30 AM

\$3 Includes Lunch

Interested in American history? Join us for a presentation on the American Flag! Our flag is a universal symbol of freedom and a source of great pride for millions of Americans. Learn the origin of the flag, the meaning behind its design, hear about Francis Scott Key's Star Spangled Banner, and the famed flag that inspired his pen. Come join us on Tuesday, June 28, from 11:30-12:45 for an interesting lesson and a great lunch. Register by Friday, June 24.

### Teen Tech Tuesdays

Tuesday, June 14 and July 12

3:30 - 4:30 PM

Do you need some help getting back on the technology track? Want to learn how to text? Can't figure out how to download an app onto your tablet? Did you open something only to find it attached to your device like an electronic leash? There is help! Teen volunteers will be available in the PSC lobby to assist you with your electronic device. Appointments are not required, but feel free to call 329-4555 and let the receptionist know if you are coming to talk with a PSC Teen Tech.

### Heritage Dinner Series

3rd Tuesday, 5:00 PM - 6:30 PM

June 21 and July 19

Open to the Public

The Ever popular evening meals are on the 3rd Tuesday of each month at 5:00 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 and beverage.

**June:** Classic Caesar Salad with Garlic Buttered Bread Sticks, Baked Cheesy Mostaccioli with Italian Sausage and a Traditional Tomato Sauce, Italian Green Beans

**July:** Tossed Greens with Fresh Fruit and a Raspberry Vinaigrette, BBQ Chicken Leg Quarters, Country Style Potato Salad, Seasonal Fresh Sautéed Vegetables



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## TED Talks

**Thursday, June 16 and July 21**  
**1:00 - 2:00 PM**

TED Talks can be about any topic in the world with reliable information from trustworthy speakers. Each month will feature 30 minutes of videos on a chosen topic with 30 minutes of stimulating discussion. The length of these videos lend themselves to providing impactful information in a short amount of time! These (15 minute) videos provide dependable information, and are engaging enough to hold your attention. *Register at the Reception Desk.*

*June's topic: "Why We Laugh" and "The Power of Laughter"*

*July's topic: "How to live passionately-no matter your age" and "How societies can grow old better"*

## Social Golf League

**Thursdays, May 5 - August 25**  
**9:00 AM tee time**  
**States Golf Course, Vicksburg**  
**\$5 League Fee**  
**Group Leader: Denita Demler**

The PSC Social Golf League returns this year for our members. We have reserved a weekly tee time of 9:00 AM every Thursday at the course. As this is a social league, you will only pay as you golf and never need to find a sub. League fees are \$5 per person and must be paid until the third week of golf. Senior greens fees are \$15.75 (golf \$9.25 & half cart \$6.50 each week). At the end of the golf season, we will enjoy a golf scramble with prizes and a luncheon at the course.

## Grocery Bingo

**Monday, August 15, 1:15 PM**  
**Free to members (\$5 non-members)**

Absolute HomeCare and Medical Staffing returns to host this popular event. Enjoy a variety of games, grocery prizes, and witty commentary. Register at the Reception Desk by noon on Friday, August 12.



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## Let's Play Some Cards

If you like playing cards, we have many opportunities. The PSC has a wonderful assortment of card groups that welcome new members and are hoping you will show up and join in the fun. You will always be welcomed into a warm and relaxed environment...at almost any level of expertise.

From the selection below you can pick or choose the type of game that fits your pleasure.

Monday:	Relaxed Pace Bridge	9:30 - 11:30 AM
	Cribbage	1:30 PM
	Canasta	12:30 PM
Tuesday:	Bridge (advanced level)	12:30 PM
	Just for Fun Poker	6:00 PM
	Bid Euchre	6:30 PM
Wednesday:	Relaxed Pace Bridge	9:30 - 11:30 AM
	Euchre	1:45 - 4:45 PM
Thursday	Pinochle Single Deck	1:00 PM
Friday	Pinochle Double Deck	1:00 PM
	(1st, 3rd, 5th)	
	Bridge (advanced level)	1:00 PM

Check with the Reception Desk for room location and more information.



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### iPad Discussion Group

Tuesday, July 19, 10:00 AM  
Group Leader: Larry Smith

This discussion group will include questions, answers and demonstrations. You may bring your iPad. Register at the Reception Desk.

### Art Open Session

Mondays, 1:00 - 3:00 PM (ongoing)

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 Bike Club

Wednesdays (ongoing)  
Group Leader: Bob Strader

The 2016 bike club season is May 6 through October 14 with 8:30 AM start times in June, July, August, and 9:00 AM start time in May, September and October. Membership is a requirement for this club along with members providing their own bikes and helmets (mandatory). The bike schedule is available at PSC, or you can review it on the website @ [www.portagemi.gov/Departments/PRSCS/SeniorCitizenServices.aspx](http://www.portagemi.gov/Departments/PRSCS/SeniorCitizenServices.aspx).



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### Big Screen Movie

Monday, June 13, 1:15 PM  
"Love Takes Wing"

Pioneer physician Belinda Simpson's faith is tested when a pandemic hits her small Missouri town. In addition to the overwhelming illnesses, Belinda (Sarah Jones) must deal with a local resident who thinks the town's orphanage is where the illness began. And who will care for the children if their caretaker becomes ill? Best-selling author Janette Oke continues her "Love Comes Softly" series in "Love Takes Wing." Not rated. Closed-captioned, 88 minutes. View the movie for free. 50 cents for popcorn.

### Big Screen Movie

Monday, July 11, 1:15 PM  
"Alaska: RV Adventure of a Lifetime"

Come along on the adventure of a lifetime without leaving the comfort of the Portage Senior Center! More than 25 years ago, travelogue producer John Holod traveled 1,400 miles of dirt road up the Alaska Highway to visit the Last Frontier by motorcycle. Today he'll take us along in a luxurious RV. We'll head north on the highway and then south through Alaska to Homer, the end of the road. We'll encounter wildlife, meet sourdoughs, and long for more time in our 49th state. Not rated. Not closed-captioned, 86 minutes. View the movie for free. 50 cents for popcorn.

### PSC Band Schedule

JUNE	DAY	TIME	LOCATION/ADDRESS
7	Tues	3:00 PM	Rehearsal at PSC
14	Tues	3:00 PM	Friendship Village 1400 N. Drake Rd., Kalamazoo
21	Tues	3:00 PM	PSC Band Dance 320 Library Lane
28	Tues	2:30 PM	Park Place 4222 S. Westnedge, Kalamazoo
JULY	DAY	TIME	LOCATION/ADDRESS
5	Tues	3:00 PM	Rehearsal at PSC
12	Tues	2:30 PM	Crossroads Village 6600 Constitution Blvd., Portage
19	Tues	3:00 PM	Alamo Nursing Home 8290 W. C. Ave., Kalamazoo
26	Tues	3:00 PM	Rehearsal at PSC

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### Art Encounters at the Portage District Library

Saturday, August 13, 1:00 – 2:00 PM

Please join us at the 6th Annual Art Encounters at the Portage District Library. The afternoon will feature local musicians and interactive art and crafts. Time your visit to enjoy a PSC-sponsored ice cream social to sweeten the day, along with a performance by our very own PSC Band.

### Choir

Thursday, 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. There will be no choir practice in June, July or August. Choir will resume on Thursday, September 8.

### Loaves & Fishes - PSC Bag Recycling Program

1st Wednesday & 1st Thursday (ongoing)

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.

### PSC Needlers

Thursday, 9:00 AM - 12:00 PM

Group Leader: Bobbie Kipp

The PSC Needlers meet weekly throughout the year to knit, crochet, and donate completed projects to various community agencies (examples: Goodwill, Salvation Army, Portage Community Center, Gospel Mission, the VA, local hospitals and numerous other organizations) in the Kalamazoo and Portage areas. New members are always welcome.

### 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.

#### June

##### Dinner

Monday, June 6  
5:00 PM  
The Crew  
3810 E. Cork, Kalamazoo

##### Breakfast

Tuesday, June 14  
8:30 AM  
Breakfast at Tiffany's  
3271 W. Centre, Portage

##### Lunch

Thursday, June 23  
11:30 AM  
Julianna's  
2105 Lake St., Kalamazoo

#### July

##### Dinner

Tuesday, July 5  
5:00 PM  
Gallagher's Eatery  
4210 Stadium Dr., Kalamazoo

##### Breakfast

Tuesday, July 12  
8:30 AM  
Mar Jo's West  
325 N. Grand, Schoolcraft

##### Lunch

Thursday, July 21  
11:30 AM  
Red Lobster  
6535 S. Westnedge, Portage

### Garden Pals

Group Leader: Joyce Tuinier

This group's objective is to maintain and improve our PSC garden areas for all to enjoy. All gardening enthusiasts are invited to volunteer an hour or two each week to assist in this endeavor. Participants keep in touch with one another, and work in the gardens when time permits, often alone, but sometimes as a group. Activities include a coffee chat or bag lunch gathering in the garden area during the warm months. The group meets monthly on the 2nd and 4th Monday at 10:30 AM at the Center to discuss and/or go over any gardening projects. Any assistance is most welcome.

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## Hand Chimes

Thursday, 1:00 PM

Group Leaders: Freya Lake and Jeanne Fakler

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.

## Quilting and More

Friday, 1:00 – 4:00 PM

Group Leader: Georganne Oldenburg

This friendly group meets weekly to quilt, knit, crochet, cross stitch and work on any fabric and yarn related projects along with a large dose of chatting and sharing. Feel free to bring your favorite beverage along with your latest project. Members help others who want to learn new techniques, work at getting their own UFO's done and make projects for donation to various local charities. Join us to work on your projects and share your creativity with like-minded members.

## Readers Theatre

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

Group Leader: Babs Smith

Will resume in September

Do you enjoy sharing drama and comedy with children? Do you like to act? Join this fun group of readers as they use their voices to present stories in area schools and pre-schools. Participants read their parts, so memorizing them isn't required. This group meets the second and fourth Wednesdays of the month from September through May for rehearsals, and visits their scheduled venues for programs on the first and third Wednesdays. If interested, drop in during a session to learn more.

## Recycled Cards

Tuesday (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.

## 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 to join 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. For more information, please call the Reception Desk.

Friday, June 10

Time: 1:00 PM

Event: Lunch and Adult

Coloring - supplies and work area provided by Barnes & Noble

Site: Barnes & Noble

Bookstore & Café

Host: Sandy D.

Friday, July 8

Time: 1:00 PM

Event: Sisterhood Birthday

Party - bring a wrapped item to be put in prize pot for White Elephant Bingo

Site: PSC

Host: Maxine R. and Helpers

## 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. 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.

## Walkers with Walkers

Tuesday and Thursday, 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.

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All fees listed as Member/Non-Member unless otherwise noted. Class schedules are subject to change due to weather conditions and/or instructor changes. For more information on the classes or class schedules, please call 329-4555. Portage Senior Center accepts cash or checks for payment.

**Body Rebound (ongoing)**

**Monday-Wednesday-Friday, 10:30 - 11:30 AM, 8 weeks, \$42 Member/\$52 Non-Member June 3 - July 29 No class July 4**

**Instructor: Helene Thompson**

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 (ongoing)**

**Monday and Wednesday, 9:20 - 10:20 AM 7 weeks, \$42 Member/\$52 Non-Member June 13 - August 1**

**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. Minimum participants: 7

**Enhance Fitness (ongoing)**

**Monday-Wednesday-Friday, 8:10 - 9:10 AM, 8 weeks, \$42 Member/\$52 Non-Member April 15 - June 15 No class May 30 and June 8 June 17 - August 12 No class July 4**

**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, and balance and stretching.

**T'ai Ji**

**Tuesday, 8:30 - 9:30 AM, 7 weeks, \$42 Member/\$52 Non-Member May 10 - June 21 June 28 - August 16 No class August 2**

**Instructor: Ed Kehoe**

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 April 26 - June 21 No class 5/24 July 12 - August 30 No class July 5**

**Instructor: Christine Peckels**

This very gentle introduction to Yoga welcomes you to explore limitations of your body, mind and spirit

*Classes continued on page 9*



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and then move to a greater understanding of how to embrace your own body rhythms. We practice breathing techniques, stretching, balance and stability poses. Participants are asked to bring an exercise mat.

**Zumba®(ongoing)**

**Fridays, 9:20 - 10:20 AM**

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

**June 10 - July 29**

**Instructor: Helene Thompson**

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 (ongoing)**

**Tuesday & Thursday, 11:00 AM - 12:00 PM**

**April 19 - June 2**

**June 14 - July 14**

**\$68 PSC Members Only**

**Portage YMCA, 2900 W. Centre Avenue**

This is an aquatics-based exercise program designed to help build strength and increase range of movement. 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, (269) 324-4622.

**Chair Yoga**

**Thursday, 5:30 - 6:30 PM**

**6 weeks, June 2-July 7**

**Per Session Fee: \$8 Members/\$10 Non-Members**

**Instructor: Leslie Neuman**

Chair Yoga is a gentle form of Yoga that helps those who are uncomfortable getting up and down on a mat, using simple movements, breathing and relaxation exercises to impart all the benefits of yoga, like improved stability, strength, flexibility and relaxation. Classes are based on the interest and abilities of the group.

**OTHER CLASSES**

**Intro to Kayaking: Learning & Refining the Basics**

**Wednesday, June 22, Ramona Park**

**2:00 - 4:00 PM**

**Fee: \$25 Members/\$35 Non-Members**

Special for PSC members! In this two-hour class, instructors will focus on the fundamentals of kayaking. We start with a brief discussion on equipment and safety, followed by on-the-water learning of various paddling strokes. Expert knowledge from the staff of Lee's Adventure sports, combined with hands-on, on-the-water learning make this class a must for anyone who wishes to be a successful paddler. The skills addressed in this class are the building blocks for any future endeavors. Although this class is not about getting in the water, you should be dressed and prepared to get wet. Remember to bring along a set of dry clothes to change into. Register by Friday, June 17. *Classes continued on page 13*

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From page 9

### Reminiscence Writing

**Wednesday, 10:30 AM - 12:00 PM**

**7 weeks, \$32 Member/\$42 Non-Member**

**June 8 - July 20**

**September 7 - October 19**

**November 2 - December 14**

**Instructor: Wilma Kahn**

Write about reminiscences old and recent. 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 members' work.

### AARP Smart Driver Program

**Thursday, July 28, 9:00 AM - 4:00 PM**

**Fee: \$15 AARP Member/\$20 Non-Member 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.

### Beginning Bridge

#### Part 1 Bidding

**Bids: From Openings to Slams**

**Wednesday, 2:00 - 4:00 PM**

**June 8, 15, 22, 29, July 6, 13 (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**

**July 20, 27, August 3 (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 Monday, June 6 for Part 1 and Monday, July 18 for Part 2.

## COMPUTER CLASSES

### Computer Tutoring

**Monday, 10:00 AM - 12:00 PM**

**Wednesday, 2:00 - 4:00 PM**

**Fee: \$10 per hour - Members Only**

Individual tutoring with or without a laptop computer by an experienced volunteer is available Monday or Wednesday. Your appointment focuses on whatever aspect of 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**

**May 4 - June 15**

**July 6 - August 17**

**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.

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**Scholarships:** The PSC is fortunate to maintain a scholarship program through the Friends of the PSC. 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.

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### Wii Bowling Open Play

**Tuesday, 9:45 - 11:30 AM (ongoing)**

**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 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, come in for Wii Bowling on Tuesdays. Open to all PSC members.

### Ins & Outs of Medicare Part D

Tuesday, June 28, 6:30 - 7:30 PM  
Presenter: Bronson Heart Failure Clinic  
Free and Open to the Public

Are you interested in learning more about the *ins and outs* associated with Medicare Part D? If so, join us for this free presentation to learn some tips and tricks to help choose the right plan or better manage the plan you have. The presenter for this program is Bethany Adams, MSW, and Andrew Johnson, PharmD, from the Bronson Heart Failure Clinic. Adams' experience spans multiple areas of medical social work, case management and discharge planning, including two years in cardiology. Johnson is a pharmacist in the Bronson Heart Failure Clinic and on the cardiology unit at Bronson Methodist Hospital. To register for this program, call (269) 341-7723 or go to [bronsonhealth.com/classes](http://bronsonhealth.com/classes). If you have questions, call (269) 341-8860.

### Stay Independent - Prevent Memory Loss

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

Session 1: June 9

Session 2: July 14

Per Session Fee: \$7 Members/\$9 Non-Members

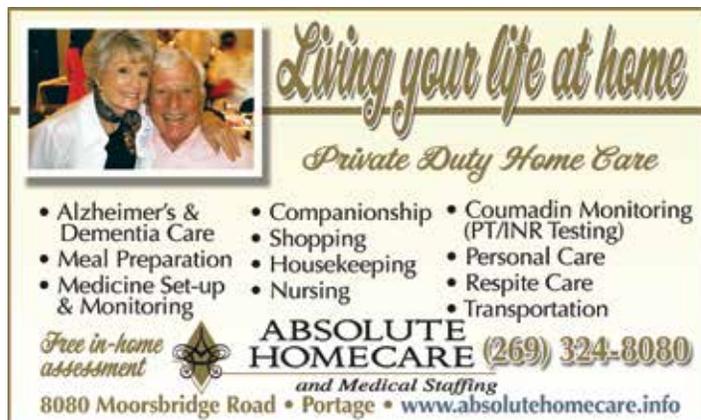
Instructor: Suzanne Gernaat

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.

### Blood Pressure Clinic

2nd Thursday, 9:00 - 11:30 AM

Once a month, we offer a free blood pressure clinic. All are welcome; no appointment is necessary.



*Living your life at home*  
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### Heart Healthy Grilling Options

Tuesday, June 14, 6:30 - 7:30 PM  
Presenter: Bronson Heart Failure Clinic  
Free and Open to the Public

Are you ready to fire up your grill for the summer? Come learn some new flavorful but good-for-you grilling recipes and tips at this free presentation. The presenter for this program is Diane Delhey, RD, from Bronson Heart Failure Clinic. Delhey has been working in cardiovascular nutrition over the past 30 years and has been with Bronson Methodist Hospital as a clinical dietitian for the past 20 years. To register for this program, call (269) 341-7723 or go to [bronsonhealth.com/classes](http://bronsonhealth.com/classes). If you have questions, call (269) 341-8860.

### Hearing Screenings

3rd Tuesday, August 16  
9:00 - 11:00 AM

A certified audiologist from The Hearing Center of Kalamazoo - A Connect Hearing Company 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).

### 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 with Susan at 269-377-9571.

### 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.

## Portage Farmer's Market

*Sundays, May 1 through October 30  
12:00-4:00 PM*

The City of Portage is excited to partner with the People's Co-op of Kalamazoo to offer an outdoor weekly farmers market! The market will be held on Sundays, noon to 4pm in the Portage Senior Center parking lot (320 Library Lane, Portage, MI). The Market will continue to run on Sundays through October 30.

To ensure that everyone is able to eat fresh, healthy food, many vendors at the Portage Sunday Market accept SNAP benefits. In addition, many produce vendors accept Double Up Food Bucks, a program that matches SNAP Bridge Card purchases of Michigan-grown fruit and vegetables dollar-for-dollar. This season, vendors are accepting WIC Project FRESH and Market FRESH Coupons. A win-win situation, these programs also benefit local food producers.

For additional information, or to inquire about vendor opportunities, contact Kalamazoo People's Food Co-op at 269-342-5686 or via email at [outreach@peoplesfoodco-op.org](mailto:outreach@peoplesfoodco-op.org).

## Celery Flats Music Festival

*Sunday, July 10  
12 noon - 4:30 p.m. at Celery Flats Historical Area,  
7366 Garden Lane  
Admission: donation to the Friends of the Parks  
Portage*

Enjoy an afternoon of Bluegrass and Americana music provided by the K'zoo Folklife Organization. The Celery Flats Music Festival is a fundraising event for the Friends of the Parks Portage and will include live entertainment from nine talented bands and performers from the greater Kalamazoo area. The event will be held on the lawn area in front of the Grain Elevator. Bring a blanket or chair and enjoy great music and concessions during the event.

## The Glenn Miller Orchestra

*Tuesday, July 5  
6:30 PM at the Overlander Bandshell in  
Central Park, 7800 Shaver Road  
(behind Portage Public Safety)  
Free*

The most popular and sought after big band in the world today for both concert and swing dance engagements and unique jazz sound, the Glenn Miller Orchestra is considered to be one of the greatest bands of all time.

The present Glenn Miller Orchestra was formed in 1956 and has been touring since, playing an average of 300 live dates a year all around the world. Bring a blanket or chair and enjoy great music in this beautiful outdoor venue.

## 2016 - 31st Annual STAR Awards Nominee

*Senior Volunteer Category  
Bobbie Kipp*

Congratulations to PSC Volunteer, Bobbie Kipp, for being nominated for a 2016 STAR Award in the Senior Volunteer category. As a nominee, she was invited to attend Volunteer Kalamazoo's 31st Annual STAR Awards celebration on April 20. Bobbie is the Group Leader of the PSC Needlers, and in this role hosts the weekly meeting, keeping the group focused, organized and welcoming for newcomers. Bobbie organizes annual donations of over 2,000 pieces of hand-made goods to local charities and non-profits. She also volunteers with PSC special lunches, and the intergenerational programs (Pen Pals and Partners). Sincere congratulations go out to Bobbie for her commitment to bettering the community through volunteering!



## PSC Volunteers

Did you know...we currently have 262 volunteers at the PSC? As of April 30, 161 active volunteers amassed a total of 1,831 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.

## Volunteers Needed

### Holiday Bazaar Bake Sale Coordinator

Plans and organizes the Holiday Bake Sale. Responsibilities includes attending 2 - 3 Holiday Bake Sale planning meetings, pricing bake sale items, and organizing bake sale set-up and clean-up.

### Holiday Bazaar Bake Sale Bakers

Donate assorted homemade baked goods, such as 2-3 dozen cookies, cupcakes, breads (small and regular size), candies, pies, brownies and party mix. The sky's the limit. Items will be delivered to the PSC prior to the bake sale for packaging and pricing. Individual servings as well as larger servings of sale items will be available for sale. Call the Reception Desk and add your name and the item to be baked and donated.

### Setup and tear down of Holiday Bazaar Tables

Setup the 6' tables in the Multi-Purpose Room on Friday, November 4, beginning at 1:00 PM. This should take less than one hour. Tear down will be on Saturday, November 5, after the 2:00 PM end time and take less than one hour.

## Donations Received Between March 3 and April 29, 2016

Chet & Jo Arnold *in memory of Eleanor Burklow*  
Raymond & Ellen Baillie  
Dorothy Barstow  
Phil Edie  
Robert Ferguson  
Monifa Jumanne *in memory of Mabel McLamore*  
Penelope Newhouse *in memory of Marion Kotz & Anne Morris*  
Helen Tubbs  
Ardis Chisnell  
Marilyn Milko

Denita Demler, PSC Enhance Fitness Class, and Margaret Giltner *in memory of Eleanor Burklow*.  
Ingrid McGuire, Sharon Myers, Denita Demler, Arvon & Phyllis Newkirk, John & Diane Rhodes *in memory of Jackie Kimble*.

### Donations of Product:

Coffee, Diane Schaeberle, Michael Johncock

Kitchen & Program Supplies, Diane Schaeberle, Karin Lund, Ralph & Shirley McKinney

## Volunteer Orientation

**Tuesday, June 14, 10:00 AM**

Do you want to be a volunteer at the PSC? Are you wondering what volunteering at the PSC is like? This 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 Volunteer Orientation, an account for volunteering will be activated in MSC. Register at the Reception Desk.

## 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 Wednesday, July 27, 2016. Contact the Volunteer Coordinator for more information on this position.

## Treats for the Coffee Bar

Do you have too many cookies at home? Do you like to bake? If so, our Coffee Bar can use your tasty donations. Many of our members love sweets. Bring some; enjoy some!

## New Member Meet & Eat

**Thursday, June 16**

**9:00-10:30AM**

If you have recently joined Portage Senior Center, then the PSC Meet & Eat is for you! We'd like to get to know you better and introduce you to the Center and the variety of programs and events that are planned throughout the year. Join staff, volunteers and other new members for coffee and a complimentary breakfast on Thursday, June 16 from 9:00-10:30AM. Enjoy an opportunity to get to know other PSC members and learn about available opportunities. RSVP by June 3.

## Welcome New Members between Feb 27 and May 11, 2016

Sandra Eaton	James & Joy Spoor	Stephen & Sandra
Josephine Pape	Barbara Standish	Matyas
Sandra Affolder	Tina Troha	Judy McKinley
Gloria Alizo	Arthur Bishop	Lavona Pakko
Linda Bischoff	Douglas Brownell	Alfred Sarquiz
Judith Brandt	Shirley Cornelius	Diana Sawyer
William Brandt	Joan DeGraff	Reed Shilts
Daniel Cullen	Kathleen Dickason	Frank Simons
Mary Hand	Marjorie Flynn	Anton Tomas
Theresa Harcek	Darrel & Janet	William Urfer
John Parker	Graffis	Anne Witters
Patricia Sarquiz	John Hagemann	Margaret Woodhams
Doris Singh	Glyn Hill	

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Dine with your neighbors and family in one of our campus restaurants, or use your newly upgraded apartment kitchen.

Remain active in your own volunteer and social interests, or engage in our many activities, outings, lectures and concerts. Live with certainty that if your care needs change, you have priority access to our **full continuum of care**.

Learn about the security and financial benefits of **life-care**.  
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Managed by Life Care Services  
\*References to the term life-care are fully explained in the residency agreement.

### **Fun 2016 Day-Trip Outings!**

#### **Intergenerational**

**Wednesday, June 8, 2016**

**Detroit Tigers Vs Toronto Blue Jays**

Comerica Park....Detroit

Member: \$106      Non-Member: 116

**Tuesday, June 21, 2016**

**Jewel of Joliet. . . Joliet, IL**

This is a one-of-a-kind triple treat. Our eyes, ears and palate will be astounded during our extraordinary visit to the Rialto Square Theatre, voted one of the ten most beautiful in the nation! Built in 1926, it features Greek, Roman and Byzantine architecture with columns rising 100 feet into a celestial dome full of intricate sculptures. After lunch (included), we will be delighted by a concert on the world renowned Baron Grand Theatre Pipe Organ in the breathtaking auditorium. Also included is a stop at nearby Lockport, sight of *Lock Number One* on the historic Illinois and Michigan Canal, and one of the best preserved lock towns in the country.

Member: \$98      Non-Member \$108

**Thursday, July 7, 2016**

**The Iron Polar Bear . . . Shiawassee County**

Reminisce about the bygone days of rail train in Michigan. A visit to the Durand Owosso area has this in store for us. An informative docent will educated us at the Historic Train Station Museum in Durand and we will have lunch at the Iron Grill in Owosso. A visit to the Steam Engine Institute along with a step-on-guide to give us a little history of this beautiful area. Your day will be fun and memorable and filled with a few unique surprises.

Member: \$77      Non-Member: \$87

#### **Intergenerational**

**Monday, July, 11, 2016**

**Baseball & Bingo . . . Comstock Park**

**West Michigan Whitecaps vs. Fort Wayne Tincups**

Pre-game bingo and prizes. Lunch included, featuring a hot dog, chips, cookies, and your choice of a soft drink or coffee. A secondary pick-up location is available at Friendship Village.

Member: \$49      Non Member: \$59

**Saturday, July 16, 2016**

**Palmer House . . . Chicago, Illinois**

Ah, the magnificent Palmer House Hilton! Start with a delicious lunch (included) in the hotel's elegant Lockwood Restaurant. After lunch, listen to the hotel's resident historian and storyteller, Ken Price, tell the tales behind this AAA four-diamond hotel which has been hosting visitors to the Chicago Loop for over 140 years. Next, we take an elite guided tour of the hotel with its art-deco lobby, grand ballrooms and noteworthy guestrooms. A special visit to the hotel museum includes artifacts not normally open to the public.

Member: \$130      Non-Member: \$140

#### **Intergenerational**

**Circus, Circus. . . Peru, IN**

**Saturday, July 23, 2016**

Once the winter headquarters for several great circuses including Ringling Brothers and Buffalo Bill's Wild West show, Peru is now the site of Circus City Festival and a grand opportunity for you and the grandchildren (eight years and older) to enjoy an authentic circus experience!

Member: \$88      Non-Member: \$98

**Tuesday, August 9, 2016**

**Comerica Park Tour**

The tour of Detroit's Comerica Park will include the Visitor's Clubhouse, Tiger's Dugout, The Ernie Harwell Media Center (Press Box), Champions Club, and Decade Monuments/Statues around the ballpark. We will also visit the Detroit Historical Museum where a boxed lunch is included.

Member: \$84

Non-Member: \$94

**Saturday, August 13, 2016**

**Murder Mystery Train . . . Charlotte, MI**

The Old Road Murder Mystery Dinner Train is a popular show. Fine dining with a hilarious table-side murder mystery featuring an acting troupe and a rotating schedule of shows throughout the year. Be prepared to be part of the show in the intimate setting and WATCH OUT! You might even be the unfortunate soul who gets to be the VICTIM of their devious plot!

Member: \$124      Non-Member: \$134

#### **Intergenerational**

**September 25, 2016**

**Comerica Park . . . Detroit**

Detroit Tigers Vs Kansas City Royals ... Detroit

Member: \$92      Non-Member: \$102

### **Extended Trips – 2016**

**July 24-25, 2016**

**Chicago Cubs vs. Milwaukee Brewers ...Wisconsin and Illinois**

An Intergenerational Cubs road trip. Bring family and friends to see the Cubs and Brewers at the state-of-the-art Miller Park. Have dinner in a vintage train car after the game. On day two visit the ever-changing display of unique cars at the Volo Auto Museum and/or browse the shops at the adjacent Mercantile and Antique Malls. We will top this off with a stop for delectable Chicago-style pizza! - 3 Meals Included

Price: Starts at \$259 Per Person (Double) Deposit: \$100

**July 26-28, 2016**

**A Mystery Trip . . . Destination Unknown**

This year's tour includes some really unique attractions and a bit of history. This tour may also have a Mystery within the Mystery. The only way to find out where we are going is to come along. Grab a few clothes, your sense of adventure, your imagination and get ready for a great time. Your Mystery Trip Includes: Round Trip Deluxe Motor coach Transportation, Two Night Accommodations, Admission to all Attractions, 4 Meals-2 Dinners and 2 Breakfasts, Baggage Handling Taxes and Gratuities included.

Member: \$124 Non-Member: \$134

**September 7-10, 2016**

**Tall Ships 2016 . . . Erie, PA**

After three years' absence, join us in welcoming back the Tall Ships to Erie, PA. The lovely Sheraton Erie Bayfront hotel is our host hotel for this grand event, putting us front and center for the Parade of Sail and more at the adjoining convention center. Your Tall Ships adventure includes: roundtrip motor coach transportation, 3 night accommodations at the Sheraton Erie Bayfront, admission to the Tall Ships Festival which includes access to the Convention Center, the Parade of Sail, Touring of the Ships, a live performance of Fortunate Victory, admission to the Erie Maritime Museum, tour of St. Patrick's Church, visit to the Erie Land Lighthouse. Also included is lunch and wine tasting at the South Shore Winery, admission and tour of the Watson Curtze Mansion, dinner at the Ambassador Center, Dinner at the Hotel, and Breakfast every morning.

Price: Starts at \$799 Per Person (Double); Deposit: \$50

Final Payment Due: August 5, 2016

**September 13-15, 2016**

**Springfield, IL . . . Springfield, IL**

On this 3 day trip to Illinois, we will visit all the significant locations in the Springfield years of Abraham Lincoln; from the 1830's when he was a storekeeper and postmaster in New Salem, through his law practice and political career in Springfield, to his departure for Washington D.C. in 1860. Visit the Lincoln Presidential Museum consisting of state-of-the-art, full immersion exhibits and special effects theatres.

Included: 2 nights at the Drury Inn and Suites and 6 Meals.

Price: Starts at \$325 Per Person (Double); Deposit: \$50

**Tuesday, September 13, 2016**

**Murder Myster Train . . . Charlotte, MI**

The Old Road Murder Mystery Dinner Train is a popular show. Fine dining with a hilarious table-side murder mystery featuring an acting troupe and a rotating schedule of shows throughout the year. Be prepared to be part of the show in the intimate setting and WATCH OUT! You might even be the unfortunate soul who gets to be the VICTIM of their devious plot!

Member: \$124 Non-member: \$134



**International Adventures!**

**February 13 - 25, 2017**

**Southern Caribbean Cruise**

Cue the calypso music! Escape the winter chill with us as we celebrate all things tropical. Spend 13 days and 12 nights aboard Royal Caribbean's Grandeur of the Seas. Our cruise will depart from Baltimore and head to the crystal blue waters the Caribbean is famous for. Stops will include St. Thomas, Antigua, Barbados, St. Lucia and more. Rates are per person, double occupancy, and include roundtrip airfare from Kalamazoo or Grand Rapids, port charges, transfers to/from ship, taxes and government fees. **Those who book early get the best cabin locations and their preferred dining times.**

Price: Starts at \$1,985 (depending on cabin selection);

Deposit: \$550 (Double)

Final Payment Due: OCTOBER 30, 2016



**November 1-10, 2017**

**Tanzania: The Serengeti & Beyond**

The Lion King will come alive on this south-of-the-Equator African Safari. Spend ten days exploring the breathtaking African plains, ground water forests, three national parks and the world's largest unflooded volcanic crater. We will not only get to experience several game drives but we will also have many opportunities to view and take pictures of elephants, zebras, lions, giraffes, hippos, gazelle and more. We will have a chance to embrace and explore this beautiful country while also learning about the local culture. Your experience will include a visit with children at a local school to learn about their educational system and a visit to a workshop aimed to help Tanzanians with disabilities.

The experiences on this trip are sensational and endless!

Price: Starts at \$7,363 Per Person (Double)

## Reminiscence Writers Corner

Wednesdays, 10:30 AM

A Writing by Carmen Chomchumbi, student of Wilma Kahn:

### CHISPITA

We lived in the deep, dark jungle of Peru near Pucallpa for two years. My husband was working for the army as an engineer building bridges. Some natives wanted to join the army, and my husband helped them realize their dreams. Their parents sometimes brought chickens, eggs, or pets to show their gratitude. My kids were studying in Lima, but for three months of vacation we all stayed together in Pucallpa. One day, some natives brought us a baby monkey, a maquisapa. It's called a spider monkey in English because of its long arms when an adult and its way of hanging from trees in the jungle. The baby's mother had been killed for food, and the natives didn't realize she had the baby until later. Respecting the baby's life, they bought her to me. When my children saw her so defenseless and tiny—she fit in the cup of our hands—they cried, "Mommy, take the baby. We want her!" I nervously replied, "I don't know how to raise a baby monkey." My daughter said, "Mommy, don't worry. We'll feed her with cow's milk." I hesitated but finally caved in to their demands. Besides, I liked the baby monkey, and I knew that if I didn't keep her, the natives would have no alternative but to eat her. The baby quickly became the life of the house, and everyone wanted to hold her. Patty, my daughter, had a doll's baby bottle, which we used to feed the baby monkey. She looked at us with bright sparkly eyes, so we called her "Chispita," which means "sparkle" or "brilliant" in Spanish. Soon the baby was eating bananas and little bugs that my son, Sergio, had caught in the yard. Even though the baby monkey's arms and legs were a lot longer than her body, she curled up into a tiny ball in our hands when we fed her. As a result, a tiny black ball of fur with bright iridescent eyes looked at us with great tenderness and helplessness. My children all wanted to take care of her and hold her in their hands. After three months in Pucallpa, we had to return to Lima. "We have to leave Chispita! There is no place for a monkey in the city," I told my children. My kids cried and complained. "Mommy, we will take care of Chispita! If we leave her here, she'll die!" "It's against the law to take animals from the jungle to Lima," I said. "We're going back to a big city, not a jungle town with dirt roads. How can we take the monkey with us? Besides, we have to take an airplane to Lima." My children were crying so much that I gave in to them and didn't dare leave Chispita behind. "O.K.," I said. "I love Chispita too." We decided to hide her on the plane like contraband. We practiced with Chispita at home. I said, "Chispita, you'll have to be quiet on the plane, O.K.?" "Uh, uh, uh." She seemed to understand. We arrived at the airport with our luggage. At that time there was much less security than there is today. Chispita was tucked into a big pocket in the sweater I was wearing. She was very

quiet. We boarded the plane nervously but with no problem. During our flight, we were talking so Chispita would hear our voices and not be afraid and make noise. When she was hungry, my children looked for the stewardess and put their backs on both sides of me so nobody could see. Sergio said, "Hurry, Mom. Feed her now." I fed her like the tiny baby she was. No one could see that I was giving the baby bottle to a monkey hiding in my arms under my sweater. Still, every time the stewardess came near, Chini would warn me. We were sweating with fear that the stewardess would see Chispita and take her away. At last we arrived in Lima without incident. There's much more to Chispita's story—from her shoebox bed, to her trailing toilet paper throughout the house, to her slipping into neighbors' homes for bananas. Someday I'll tell you the whole story.

## Hike to a Concert With Blake Whyte Music

Saturday, June 4 at Eliason Nature Reserve  
9501 Shaver Rd

(Parking on Portage Industrial Drive)

Showtime 4 p.m.

Short hike starts at 3:30 p.m.

Long hike starts at 3 p.m.

FREE

Don't miss this unique live music and nature experience! Take your pick of a short hike (15-20 minutes) or a longer hike (30-40 minutes) into the beautiful Eliason Nature Reserve - the newest addition to the Portage Park system. Enjoy all the sounds and views from Mother Nature as you journey into the depth of the reserve where you will arrive to the passionate and heart felt sounds of this FREE concert by Blake Whyte Music. The performance of this Portage native artist will connect mind, body and spirit in this natural setting within the woods. Rain location is PCHS auditorium. Visit [www.portagemi.gov](http://www.portagemi.gov) for updates.

## Summer Movie Night in the Park

Friday, August 5, 7:00 PM

Celery Flats, FREE

The City of Portage Youth Advisory Committee and the Breakfast Optimist Club of Kalamazoo have teamed up to bring back **Summer Movie Night in the Park at Celery Flats** in Portage on Friday, August 5. The evening will begin with Respect for Law displays from 7:00 PM to 9:00 PM where local public safety personnel will be available for children, teens and adults to visit including displays of public safety equipment, police vehicles, fire apparatus, and ambulances. Exhibits include the Portage Public Safety Bike Patrol, Kalamazoo Metro SWAT, Kalamazoo County Sheriff Mounted Division, Michigan State Police K-9 Team, Portage Public Safety Fire Department and Local Ambulance Company. The movie, *Star Wars - The Force Awakens* (rated PG-13), will begin between 9:00 and 9:30 PM. The event is free of charge and popcorn will be provide. May the force be with you!

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.**

## PSC Volunteer Appreciation Reception

Wednesday, June 8, 4:00 – 6:00 PM

The Portage Senior Center and the City of Portage are grateful for the dedication of the wonderful volunteers who give of their time to make programs and services at the PSC successful. Our work would not be possible without your support. Volunteers are one of the most important resources an organization can have. The PSC relies on volunteers to help keep things running smoothly. To say thank you, volunteers are invited to a Volunteer Appreciation Reception on Wednesday, June 8 from 4:00 – 6:00 PM. We want to celebrate and recognize volunteers for all of their hard work. This event will be held open-house style, so invitees can come and go as their schedule allows. Come share a few appetizers and your beverage of choice with staff and your fellow volunteers. This is an opportunity for us to give back to those of you who give so much.

For questions or more information, please contact Denita Demler, Volunteer Coordinator. RSVP to the Reception Desk.



Portage District Library has some fun programs planned this summer. We are highlighting two that will be great fun for you and your grandkids or favorite little ones! To find other events or learn more about our resources, visit [portagelibrary.info](http://portagelibrary.info)

### Lego City Returns!

Back by Popular Demand July 5-9 – See a city made entirely of LEGOS! The Western Michigan Lego Train Club is here again with their amazing creations. Available for viewing in the lower level meeting rooms during the library's regular operating hours.

### Get in the Game!

Adult Summer Reading Program June 10 – August 17, 2016 Even adults get to have fun, read or listen to great books, and have the chance to win prizes in the summer.



## Friends of the Portage Senior Center 21st Annual Golf Benefit Scramble

### THANK YOU SPONSORS!

The Friends of the Portage Senior Center would like to thank the following organizations for their support of the 21st Annual Golf Benefit that took place at Gull Lake Country Club on Monday, May 23. Proceeds from this event are directed to support operations at the Portage Senior Center.

#### Platinum Sponsor

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