

Portage Senior Center Newsletter

Bits of Business Mini Senior Expo a Success!

The PSC parking lot was already filling up when the first vendors arrived with their displays and company banners. Our spring *Bits of Business* (May 31, 2012) was a resounding success! There was a full house of over 20 vendors—providing a wealth of information on health, residential living, insurance, community services, and more. Additionally, over 100 participants received the opportunity (by visiting vendor booths) to be eligible for great raffle prizes. This is a popular PSC fundraiser and we appreciate our local businesses that made it possible for us to raise over \$1,000 in support of PSC programs and services.

Bits of Business continued on page 2



TWO Great Events in August to Strut Your Stuff!

(According to Dictionary.com to “strut your stuff” refers to **walking proudly and to show off one's best features or talents**)

Saturday, August 11th—Get Active Portage

This event will take place at Ramona Park at 8645 Sprinkle Road, with event registration and activities starting at 9 AM. This fun, family-oriented event, created by the Portage Park Board, is now incorporating the Portage Senior Citizen Advisory Board and the Portage Youth Advisory Committee. All three Boards are encouraging citizens of all ages to come out and learn more about staying active, while enjoying the great outdoors. The objective this year is

to increase awareness on the obesity epidemic in our nation (Michigan is one of the top ten) and the importance of reducing the risk of heart disease through greater physical activity and the many fun, easy, and inexpensive opportunities available to get any one of any age started. Come join a celebration of health and wellness for all ages in our great City of Portage. More information about the event can be obtained at www.portagemi.gov or by contacting the Portage Parks, Recreation and Public Services Department at 329-4522.

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**Bits of Business continued
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A hearty thanks to the following business participants:

- Betzler Funeral Homes, Inc.
- Brookdale Senior Living
- Comfort Keepers
- Crossroads Village Senior Apartments
- Friendship Village
- Hearing Aid Centers of America Inc
- Hearing Services & Systems
- Heritage
- Hope Woods Apartments
- Adult Day Services at Oakland Centre
- Jaquay Realtors
- Life Care of Plainwell
- Senior Home Support
- Tendercare Portage
- Three Rivers Health Inpatient Rehab
- United Healthcare
- United Nursing Service, Inc
- Western Michigan University
- Woodside at Friendship Village
- Wyndham Apartments
- YMCA, Portage

Congratulations to the following prize winners:

- Georganne Oldenburg, Superbook
- Don Klein, 9 hole golf pass
- Shirley Hamilton, A Pizza Yen Coupon
- Dee Osterling, Glenn Miller Ticket
compliments of Summer Entertainment Series
- Jean Weinberg, Schram's Flower Basket
- Lance Conrad, 1Year Free Membership Towels compliments of Heritage of Kalamazoo/Wyndham Apartments
- Wendy Asmus, Janet Kerber-Lindstrom, & Mary Lou Petruccio

Jill Hess, Deputy Director,
Recreation/Senior Center



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.

Advisory Board

- Ruth Ann Meyer, Chair
- Larry Smith, Vice Chair
- Mary Maisto, Secretary
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- Ann Perkins
- Arthur Roberts
- Patricia Berninger
- Trudy Riker
- Nicoara Opreescu
- Ruth Michelhaugh
- Mary Lou Petruccio

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Administrative Asst.
Janet Gates

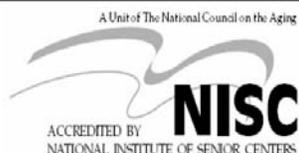
Receptionist
Denita Demler

Volunteer Coordinator

Trip Coordinator
Johanna Thompson

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

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



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

Matter of Balance

Fee: Free

Monday, September 10 – October 29

8 weeks

9:30 AM – 11:30 AM

Are you wondering what happened to your balance, wobbling a bit when you walk, wavering some when you stand? Nearly one-third of seniors over the age of 65 will fall each year, and that percentage increases by half by the age of 80! Yet falling is NOT a natural part of aging, it's the body's reaction to a number of causes that we help address and change in this very popular eight-week workshop that helps older adults stay safe, stay active and stay independent. Register at 329-4555 by Monday, September 4.

Personal Action Toward Health (PATH) Workshop: Six Weeks to Better Health

Fee: Free

Friday, September 7 – October 12

6 weeks

9 AM – 11:30 AM

This PATH workshop builds confidence and increases motivation to do the things your health care provider has been telling you to do. PATH leaders encourage participants to increase healthy activities using small, graduating goals that participants choose for themselves. After six weeks, most people who take the workshop say they enjoyed it and are using techniques they learned in class to obtain better health. Participants recommend PATH to friends and family members. This evidence based workshop, valued at \$120 per person, is now FREE, due to funding from the Area Agency on Aging IIIA, plus you will enjoy healthy snacks. Register at 329-4555 by Friday, August 31.

Diabetes Support Group

These meetings are held on the 1st Friday of every month. Each month we have topics pertaining to Diabetes. If you have suggestions or topics of interest you may call PSC and we will get this information to Bob Erikson (who is our Volunteer Diabetic Education Coordinator for the PSC). Register by calling 329-4555.

Date: August 3, Friday, 1 PM

September 7, Friday, 1 PM

Topic: Round table discussion; bring your questions, problems, and solutions to share with each other. To be announced.

Flu Clinic

Friday, September 28

9 AM – 12 noon

Cost is \$30 or free with Medicare part B

"Don't delay, get your flu shot today"

Influenza (*flu*) is the most common serious infection that older adults get, and often experience more severe symptoms. The best way to protect yourself and your loved ones from flu is to get immunized. The CDC recommends that everyone more than 6 months old get immunized against flu every year. Vaccines for 2012-2013 influenza should be ready by September with no shortages or delays. Keep in mind that the vaccine only protects from certain strains of flu, not every strain or any other types of diseases. The best time to get the flu shot is as soon as possible as flu can arrive early in the season. There are a different types of flu vaccines on the market now including a standard and high-dose vaccine designed specifically for older adults as well as a new product called intradermal, a vaccine that is given without a needle. Visit www.bronsonhealth.com/flu or email fludoctor@bronsonhg.org with questions.



Jody Bernhardt
Mrs. Michigan America 2006

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Official Cosmetic Dentist
Mrs. Michigan America
Pageant

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Volunteer Needs

Partners Program - Program begins in October

Must be able to commit to the following:

- Must be able to attend monthly meeting.
- Must be able to attend field trip in April & Celebration in May.
- The ability to hear your partner is very critical. Lots of noise in a small classroom.
- Walking required - parking lot to the classroom, field trip will require walking (depending on the trip).

Meeting date will be known after school begins. It has been the 2nd Tuesday of the month.

All placements of volunteers depend on the number of those continuing in the program as well as the number of children that are in the classroom.

Pen Pal Program - Program begins in October

You will receive a schedule of when letters are due & when you may pick up letters from your pen pal. All letters will be delivered by the Volunteer Coordinator.

Must be able to commit to the following:

- Have your letter written & to the PSC by the date listed for the month.
- Stop in on or shortly after the date given to pick up letter from your pen pal.
- **Required** that you be able to attend the "Meet Your Pen Pal Party" in May.
- Please print or you can type your letter on a computer.

All placements of volunteers depend on the number of those continuing in the program as well as the number of children that are in the classroom.

Ice Cream Social August 18, Saturday, 1 - 3 PM, PSC

Portage Parks & Recreation and the Portage District Library are presenting Art Encounters of a Worldly Kind. **The Ice Cream Social is a part of this event.**

2-hour shifts available for: Ticket Takers, Table Attendants, Clean-up crew, Servers & Greeters

Contact the Portage Senior Center, 329-4555 if you are interested in volunteering.

Terri Drafta says Farewell

The last eleven years have been incredible! I have made so many friends along the way. As I have shared my family with you, you have also shared yours with me. It was such a good feeling. I felt at times that I had an abundance of mothers giving me advice and encouragement. As I get ready to move on to my new position as Volunteer Services Coordinator at Michigan Blood I took the time to reflect on "30 Dr. Seuss Quotes That Can Change Your Life".

"Oh, the things you can find if you don't stay behind!" I do look forward to all of the changes that will be happening in my life with my new job, meeting new volunteers and making new friends.

"From there to here, and here to there, funny things are everywhere." I thank all of you for the great times, great laughs and great friendship.

"Don't cry because it's over. Smile because it happened." Yes there were some tears shed as I have said goodbye but I just remember all the times that I have smiled or was able to make someone smile along my journey."

"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not." I have to put a shout out and big thank you to Janet and Denita. We have been through many changes in the years we have been

Farewell continued on page 5

SHRED DAYS

Bring us your unneeded sensitive documents for **free** document shredding and destruction.

Open to the public.

WOODBIDGE

August 18

10:00am-12:00pm

3910 W. Centre Ave.
Portage, MI 49024
269 323-9100

OAKWOOD

September 15

10:00am-12:00pm

2925 Oakland Dr.
Kalamazoo, MI 49008
269 488-9200



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Farewell continued from page 4

together and we have been there for each other. There are so many of you have cared enough to volunteer at the PSC. How great it was to have the need for volunteers and I would contact you and you said "sure, I can do that."

"You're on your own, and you know what you know. And you are the one who'll decide where to go." I have made a big decision for change in my life. As I move forward I encourage those that I leave behind, volunteers and members of the PSC to please keep volunteering and supporting the PSC. It is an awesome place!

"I meant what I said and I said what I meant." My thanks to you for answering my calls for help and really caring enough about the PSC and its programs and events to be successful. This dedication made my job so much easier. I thank you for the many good times we had.

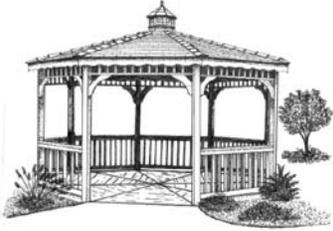
-Terri Drafta

"How lucky I am to have something that makes saying goodbye so hard."

- A.A. Milne, Winnie-the-Pooh



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Amazing Tales of Southwest Michigan

Presenter: Steve Ellis, "Spark" Publisher

Monday, September 24

1:30 PM

Fee: Free

Spark publisher, Steve Ellis, will present excerpts from more than 500 strange-but-true stories from the archives of the Kalamazoo Gazette that tickled his funny bone during his 23 years with the newspaper. Steve will take you on a journalist's journey beyond the quirky headlines to reveal, for example, how a Michigan man came to be buried in eggs. Don't let the suspense kill you. Join us for this event and die laughing instead. Register at 329-4555 by Friday, September 21.

Recycled Cards

We invite you to join the Recycled Cards group that meets every Tuesday of the month. We accept whole greeting cards with the verses intact and we do not accept or use Christmas cards. The cards are then cut apart and re-designed to create a "new card". These are the cards that are for sale in the lobby. If you can cut, glue and smile all at the same time then this is the volunteer position for you. Come and join us!

PSC French Club

2nd Tuesday, 11 - 12 noon

Come join us! Whether you are French, a French speaker, or simply a lover of French culture, all are welcome to attend our monthly meetings. PSC member Sylvia Blum and her friend, Pamela Pender, are leading the Club and sharing some wonderful ideas they have to make this club informative and fun. They are hoping that someday a trip to France might be in the Club's future. With so many special things about the French culture, Sylvia is confident the Club will be enjoyable for everyone.

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Larry's Mini-bus Trips for August and September!

The monthly PSC mini-bus outings are some of the most popular programs offered at the PSC. This year's chaperone is Larry Grant who is also one of our mini-bus drivers. These outings are a great opportunity to enjoy trips to local eateries and unique places with your fellow PSC members. Seating is limited; so if you see a trip you want to sign up for, don't wait!

LaCantina Restaurant in Paw Paw

Thursday, August 23

4:30 PM loading the bus at the PSC

Fee: \$5 for the bus and self-pay dinner

Fisher Lake Inn in Three Rivers

Thursday, September 30

4:30 PM loading the bus at the PSC

Fee: \$5 for the bus and self-pay dinner

Mini-bus Policy: No refunds will be allowed for cancellations for mini-bus trips the week of the scheduled trip. Last-minute cancellations can affect the trip for all registered as it could result in the trip being cancelled abruptly. Registered participants are welcome to sell their seat on the bus to somebody else but are responsible for making those arrangements.

PSC Potlucks are monthly!

April - October

Meet some new people and greet old friends at the PSC Potlucks. Hosted by Volunteer Potluck Coordinator Barb VandeWerken, the PSC Potlucks are a great opportunity to enjoy some delicious food and good fellowship. Participants need to bring their own table service and a dish to pass (enough for at least six people). \$1 fee covers beverages and paper products. Pre-registration required. *Please note: If you are interested in volunteering to help Barb out, please leave your name and phone number on the "Potluck Volunteer" sign up sheet at the front desk.*

August Potluck

Monday, August 20th
5:30 PM

September Potluck

Monday, September 17th
5:30 PM

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.

August

Dinner

Monday, August 6,
5:00 PM

Hunan Gardens

7157 West Q, Texas Corners

Breakfast

Tuesday, August 14,
8:30 AM

Jo's West

325 N. Grand, Schoolcraft

Lunch

Thursday, August 16,
11:30 AM

Pizza Yen

1807 Vanderbilt, Portage



September

Dinner

Monday, September 3,
5:00 PM

Applebee's

6675 South Westnedge,

Breakfast

Tuesday, September 11,
8:30 AM

Julianna's

2105 Lake Street,
Kalamazoo

Lunch

Thursday, September 19,
11:30 AM

University Road House

1350 West Michigan

Sisterhood

Sisterhood is a women's social group that meets the second Friday of each month. Meeting agendas will be posted on the bulletin board at the PSC. For more information, please call 329-4555.

August 10, 1 PM

Event: Picnic—bring a dish to pass
Clara Schnyders; home near Schoolcraft
Host: Clara Schnyder

September 14, 1 PM

Event: Game—Bunco
PSC
Host: Louise Schiavone





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The Michigan Attorneys Practicing Law for the Elderly (M.A.P.L.E.) will be bringing the law to you with free legal counseling once a month. M.A.P.L.E. focuses on your rights as you age and the options available to you. M.A.P.L.E. is always looking for better ways to serve you. Register for a 30 minute consultation with a licensed attorney by calling 329-4555.

Big Screen Movies

“Letters to Juliet”

Monday, Aug. 20, 1:15 PM

In Verona, Italy -- the beautiful city where Romeo first met Juliet -- there is a place where the heart-broken leave notes asking Juliet for her help. It's there that aspiring writer Sophie (Amanda Seyfried) finds a 50-year-old letter that will change her life forever. Joining Sophie on a romantic journey of the heart are the letter's author, Claire (Vanessa Redgrave) and Claire's handsome grandson, Charlie (Chris Egan). Sparks fly, but will they light a fire or destroy Sophie and Claire's budding friendship? And where does Sophie's fiancé fit in? 105 minutes

View the movie for free; popcorn is only 50 cents.

“Radio”

Monday, Sept. 10, 1:15 PM

For anyone who ever had a dream and everyone with the courage to stand up for what they believe comes the real-life story of Robert “Radio” Kennedy (played by Cuba Gooding Jr.). Experience Radio's journey from a man no one understood to the coach no one could live without. Together with Head Coach Harold Jones (Ed Harris), Radio inspired a football team to become champions and townspeople to open their hearts. Radio and Coach Jones will have you laughing, crying and cheering for the man who proved that the world's greatest victories happen in real life. 109 minutes

View the movie for free; popcorn is only 50 cents.



Portage Pedalers Biking Club in Progress

Wednesdays 8:30 AM

All members or interested members are welcome. The club rides at 8:30 AM from the PSC most Wednesday mornings. Helmets are required. Stop in to the Center to pick up a biking schedule.

Kalamazoo Loaves and Fishes - PSC Bag Recycling Program

PSC has been told that it is the only organization consistently supplying Loaves and Fishes Grocery Pantry with bags. Please donate your paper and plastic grocery bags the first Wednesday and Thursday of each month. We currently have a few faithful PSC members that volunteer their time by looking over the bags for rips or holes, folding and transporting them to their final destination. Many hands make light work - if you would like to help with this worthy project, please see the receptionist.

PSC Art Club

Monday 1 - 3 PM

The PSC Art Club offers budding and/or accomplished artists of all mediums the chance to get together once a week and share their creativity with like minded individuals. There is no fee to participate, all you need to qualify for this club is a desire to create art and a valid PSC membership!

Grocery Bingo

Monday, September 17, 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! 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. Hosted by **Bickford Assisted Living & Memory Care**. Please register in advance by Monday, September 10.

New Member Orientation

Thursday, September 13, 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.

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9 am-5 pm

“Un-FORE-gettable” Golf! 2012 Friends of the PSC Golf Outing a Great Success

Thanks to all our golfers, event sponsors, volunteers, and supporters who helped make this year’s Friends of the Portage Senior Center golf event special. The event was held on Monday, May 14, 2012 at the Eastern Hills Golf Course. The outing raised nearly seven thousand dollars which will go directly to support PSC programs and services. The success of the Friends outing would not be possible without these wonderful sponsors –thanks to all who came out and enjoyed a beautiful day on the course.

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Thank You for your Donations

Heart-felt thanks go to the following donors who gave between April 20 and June 25, 2012

Annual Fund Drive

- Sylvia Asher
- Jack Bowker
- Janet Schma
- Art & Linda Nemitz
- Shirley Hamilton

Gifts in Memory

In memory of Thelma Fallows

Jacqueline Wnuk, Chet & Jo Arnold, Art & Betty Roberts, Jan Herrick, the Strength Training Class

In memory of Dave Henry

Kalamazoo Valley Woodcarvers' Guild, Steve & Cheri Gustafson

In memory of Adrian Wierengo

Chet and Jo Arnold

In memory of Tom Dahms

Evelyn Evans

In memory of Mildred Lowry

John & Carol Raczkowski

In memory of Lash Musall

Steve & Kathy McCormick, Albert & Karen Smith

In memory of Betty Rutledge

The PSC Needlers, Maxine Robb



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Kindness Crusade

More the subject of school-aged children than adults, the subject of bullying has been much in the news. The word *Bully*, according to Websters, is "one habitually cruel to others." Using the Google method of cyber-space investigation, one may see the following definition: "Bullying is repeated oppression (or shunning) used as a means to exert dominance."

Here at the PSC we're launching a Kindness Crusade, and we invite each patron to be the bigger person by taking a softer approach, promoting a welcoming environment, and fostering inclusion.

Events continued from page 1

Saturday, August 18—Art Encounters (Portage Senior Center & Adjoining Green Space with the Portage District Library) 1-4:30 PM

It's that time again for local artistic talent to strut their stuff too. The Portage Senior Center is proud to partner with the City of Portage Cultural Arts Division and The Portage District Library in bringing to our community a festival of music, art demonstrations, interactive art, and crafts for all ages. From 1 - 3 PM the Portage Senior Center will provide a tapestry of artistic talent, including the wonderful music of our own Portage Senior Center Band. Have you heard of Yarn Bombing? Come find out what the Portage Knitters and Quilters are doing with that concept. Write your own story; learn how to make a twirling top with a Wood Turner and lean over the shoulder of one of our many talented wood carvers while they show you how wood becomes a piece of art. Of course we haven't forgotten the ice cream! Come and craft your own Sundae at the senior center while taking in the wonderful talents of our members.

RICHARD G. SCHREUR Attorney at Law

- | | |
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Senior Discounts

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

Painting with Acrylics

Fee: \$55/\$65

September 12 - October 17
(6 wks)

Wed, 1:00 PM - 3:00 PM

Instructor: Rae Sills

This class is open to beginners as well as advanced students. The emphasis in the class will not only be learning color, design and texture, but, also, how to use the mediums in manipulation of quick dry paint. The student will work from photographs of their own choosing. The instructor will begin the class by demonstrating and will continue to demonstrate several times throughout the six weeks. Questions are encouraged during demonstrations. Rae is experienced in many mediums and will allow a student to work in another medium

upon request. (No oils please.) The supply list can be picked up at the front desk when registering. Registration deadline is Wednesday, September 5.

Introduction to Portraiture

Fee: \$40/50 non-members
Wed., 1:00 PM - 3:00 PM
October 24 - November 14
(4 wks)

Instructor: Rae Sills

This class teaches the correct approach to accurate drawing. Therefore, it is the perfect class for the very beginner and for the more experienced student. The student will start with a simple framework and be given tools that will ease them into the process. Rae will provide the photograph for the first two weeks, then the student can use their choice of photographs. The medium is pencil. The sup-

ply list can be picked up at the front desk when registering. Registration deadline is Wednesday, October 17.

Bridge Basics

Fee: \$10/\$15 (8 weeks)
September 7 - October 26
Fri, 8:15 AM - 10 AM

Instructor: Mike Gay

Bridge is a trick-taking card game using a standard deck of 52 playing cards played by four players in two competing partnerships with partners sitting opposite each other around a small table. Learn the basic rules (given out at class) and strategies of Bridge as taught by veteran player and PSC member, Mike Gay. Register by Wednesday, September 5.

Art



**Glass Art 5" Party Dipping Bowl
Glass Art 9" Party Celebration Bowl**

Fee: 5" \$18/\$28 non-members/bowl

Fee: 9" \$60/\$70 non-members/bowl

Friday, August 17,
10 AM - 12 PM

Site: PSC

Instructor: WM Glass Art Center
The West Michigan Glass Art Center is again offering a workshop to create your choice of two different glass art projects for interested crafters. This is a glass-on-the-go project.

Classes continued on pg. 14



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• **NO** Monthly Maintenance Fees

• **NO** Complicated Contracts

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Classes continued from pg. 13

Create a festive 5" party-dipping bowl while learning the basics of glass cutting and kiln fusing techniques. We'll have fun in this class as we incorporate stringers, frit and confetti to create dip bowls worthy of an end of summer party.

Create a colorful 9" square bowl utilizing frit, stringer, glass paints and confetti. Register by Wednesday, August 15.

Computer

Computer Fundamentals

Fee: \$20 (members only)

4 weeks

Mon. 10 AM - 12 Noon

August - no class

September 10 - October 1

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)

Wednesday, 10 AM - 12 noon

August 22 - October 3

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 the Center.

Mon and Wed, 12 - 1 pm, Paul S.
Fri, 10 - 12 noon, Gordon H.

Fitness

Body Rebound

Fee: \$30/\$40 (8 wks)

Mon/Wed/Fri, 10:30 - 11:30 AM

August 8 - September 28

No class Sept 3 Labor Day

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)

Mon/Wed/Fri, 8:35 - 9:35 AM

August 29 to October 10

No class Sept 3 Labor Day

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.

Line Dance Classes

Fee: \$22/\$27 (6 weeks)

July 12 - August 16

August 23 - October 4

Thursday

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)

September 5 - October 17

October 24 - December 5

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, 7:00 - 8:00 PM

July 11 - August 22

August 29 - October 10

Instructor: Ed Kehoe

In this class you will learn Ancient Five Element
Classes continued on pg. 15

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Classes continued from pg. 14
 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.

SilverSplash

Fee: \$60 PSC members (7 weeks)

Session 1: September 11 - October 25

Session 2: October 30 - December 20

Tues & Thurs, 11:00 - 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 partnership 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)

July 16 - August 29

September 5 - October 17

Mon/Wed,

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

June 26 - August 14 (no class Aug 7)

August 21 - October 2

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.

Yoga

Fee: \$60/\$70 (8 weeks)

Tues, 1-2:30 PM

September 4 - October 23

Instructor: Christine Peckels

Location: St Catherine's of Siena - Stanley Center

Improve fitness and inner calm through focused, slow stretching movement in a tranquil atmosphere. Participants are asked to bring an exercise mat.

NEW! Zumba Gold

Fee: \$30/40 (8 weeks)

Mon, 5:30 - 6:30 PM

September 10 - November 12

No class Sept 17, October 15

Instructor: Gretchen Pouliot

We are pleased to announce our newest instructor: Gretchen Pouliot. She is excited to have the opportunity to come share Zumba Gold at the PSC. She has been enjoying Zumba Fitness for six years and started teaching Zumba Fitness in January 2011 at various locations in the Kalamazoo /Portage area. Zumba Fitness is a great way to get in shape, connect with friends, and relieve stress. It's been a big success by combining energizing music, basic steps, and fun choreography for a total body workout. Participants feel energized, happy, and even younger during and after class. Her favorite comment is "I can't believe the time is up". This makes her grin because she feels the same way. Time flies when you're having fun?

Zumba Gold is a fitness program designed to take the exciting Latin and international dance rhythms created in the original Zumba Program and bring them to the active older adult, the beginner participant, and other special populations that may need modifications for success. The program emphasizes the basics of Merengue, Salsa, Cumbia, Bell Dance, Flamenco and Tango. Its aim is to provide a safe and effective total body work

Classes continued on pg. 16

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Classes continued from pg. 15
out, and celebrate the joy of dance and inspiring music with others.

Active Minds: The Positive Power of Puzzles and Games – Secrets Revealed!

Fee: \$15/\$20/non-members/session

Meets for 2 weeks on Thursdays 1:00-2:30 PM

Session 1: August 23rd and 30th

Session 2: September 20th and 27th

Instructor: Suzanne Gernaat
An active mind gives us real independence and a positive quality of life.

Puzzles and games act as "brain candy" and really strengthen our mental functions. But how? Which puzzles and games are best? How often do I need to do them? What's the secret to solving certain kinds of puzzles?

Puzzles and games provide an interesting and fun way to stimulate our brain and grow new connections. Mental exercise is a basic part of healthy living. Join us for fun and games! Register at PSC.

I Want A Happy and Healthy Memory Club

Fee: \$5/\$8 non-members/session

2nd Thursday of every month

Session 1: August 9

Session 2: September 13

1:00-2:30 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.

A good memory will 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! Register at PSC.

WMU Lifelong Learning Academy

Splash/Bang/Boom: The History of Radio Theatre

Fee: WMU Lifelong Learning Academy Member \$30; Non-Member \$45
Wed, 2:00 - 3:30 PM
September 19, 26 and October 3

Instructor: Donald Ramlow
Location: PSC

Registration: For information or to register call 387-4200

Classic radio theatre started to develop in the 1920s, and is recognized as having ended in September 1962. The course will outline key events in the history of radio and will include discussions about selected classic programs. Participants will learn how scripts were developed for pro-

grams and also see how sound effects were created for programs. Participants will also learn about the people who worked in radio by listening to classic radio shows from the golden era of radio. Participants will have a general working knowledge about radio theater at the completion of the course.

About the instructor: Don Ramlow developed a love of radio theater during the 1970s, and within a few years was directing radio re-creations at Old Time Radio conventions throughout the country. Don has been involved in over 330 radio productions and has worked with or met hundreds of people who worked in Radio Theater. Don is the co-founder of Kalamazoo's All Ears Theater and he has received over nine awards/acknowledgements, including the Kalamazoo Community Medal of Arts Award.

When Generations Collide

Fee: WMU Lifelong Learning Academy Member \$20; Non-Member \$30

Tues, 1:00 - 3:00 PM
September 18 and 25

Instructor: Diane Henderson
Location: PSC

Registration: For information or to register call 387-4200

This popular class was offered Spring 2012 and is being repeated. We hear a lot about the four generations – *Traditionals, Baby-Boomers, GenXers* and *Millenials*. But what defines each of these generations? And how do they communicate? This class will explore the characteristics of each of the generations and identify how to cross the divide that often separates them. Using a combination of lecture, group exercises, and discussion, the class will provide participants with an understanding of the characteristics of each of the generations and of ways to foster improved communication between generations.

About the instructor: Diane Henderson retired after a 40-year career in educational program development and management and training. She has a BA and MA in Communication from Michigan State. During her career she worked for Cornell University, Michigan State University, Wichita State University, the University of Illinois at Urbana-Champaign, the University of Kansas School of Medicine at Wichita, Western Michigan Univer-

Classes continued on pg. 17



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Classes continued from pg. 16
 sity, the University of North Carolina at Chapel Hill, and the University of Cincinnati. She now lives and plays in Canton.

Why Llamas? Why not?

Fee: WMU Lifelong Learning Academy Member \$20; Non-Member \$30
 Thurs, 9:30 - 11:30 AM
 September 20 and 27
 Instructor: Marie Stoline
 Location: PSC
 Registration: For information or to register call 387-4200

Participants will have one classroom session to hear background information on llamas: care and feeding, interesting characteristics of the specie, historical data, current uses, etc. The second session will be a field trip (drive or carpool) to Heartland Farm, where the instructor's llamas reside (approximately 7 miles from WMU). Both sessions will be as interactive as participants wish.

About the Instructor:
 Marie Stoline holds a BA degree from the State University of Iowa and completed her nursing education at the Bronson Methodist Hospital School of Nursing. Her previous teaching experience was as a Nurse Educator at Bronson Hospital with a focus on health issues of the elderly. She pioneered the first private geriatric care management practice in southwest Michigan. She has owned and raised llamas since 1995.

Making Better Photos with Your Digital Camera

Fee: WMU Lifelong Learning Academy Member \$50; Non-Member \$75
 Thurs, 1:00 - 3:00 PM
 Oct 11, 18, 25, Nov 1 and 8

(5 sessions)
 Instructor: Dave Curl
 Location: PSC
 Registration: For information or to register call 387-4200
 Whether your camera is a simple point-and-shoot or a sophisticated professional model, there will be something to learn about camera settings, composition, and getting good images under less than ideal lighting conditions. You'll be a step ahead if you're already downloading and processing photos on your computer, but it's OK if you're still taking your images to Meijer's or some other photofinisher. You will be expected to shoot lots of pictures and bring some to each class session to share your progress with everyone. Students should have a digital camera.

About the instructor:
 David H. Curl, adjunct professor of Art at Kalamazoo College and professor emeritus at WMU, frequently taught advanced photography at the Kalamazoo Institute of Arts, the Winona School of Professional Photography and numerous workshops. His work has been widely published and exhibited. Now a publisher and free-lance illustrator, he specializes in digital imaging. Formerly a photojournalist and multimedia producer, or 15 years he was a contributing editor for professional media magazines, is co-author or editor of twelve books, author of three books - including *photo/IMAGING*, a widely adopted college text now in its fourth edition - and more than 300 articles, scripts and audiovisual productions.

Special International Trip Preview
 - Tuesday, August 21 at 10:30 AM -

Learn more specific details about the international trip PSC is offering to England, Wales & Scotland. Call Main Desk at 329-4555 to sign up.



Message from the Trip Office

Reduced tickets to the Barn Theatre available. Call Johanna at 329-4551 for details.

Fun 2012 Day-Trip Outings!

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!

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

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

Travel continued on pg. 18

Travel continued from pg. 17

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, Shippshewana, 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.

Detroit Tigers vs. Minnesota Twins,

Comerica Park, Detroit

Sunday, September 23

Spangler Candy Memories, Bryon, Ohio

Wednesday, October 24

Remember the days when you could eat all the Dum-Dum's, Circus Peanuts and Candy Canes you wanted without worrying about calories or cavities! Relive your childhood for a day on a tour of the Spangler Candy company factory, museum and store. Ride the Dum-Dum Trolley and view historical artifacts. Then enjoy a soup/salad and wrap buffet lunch (included) and spend some time strolling on your own around the courthouse square in downtown Bryan, the self-described finest small town in Ohio. The courthouse, as well as the candy factory, was featured by Phyllis Rose in the Kalamazoo Gazette. As an added feature, we're promised beautiful fall colors.

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.

Treasury of Polish Heritage 2, Hamtramck

Wednesday, November 7

Disappointed our first trip in May sold out so quickly? Here's another chance! Visit the Polish Art Center in Hamtramck. See demonstrations of Polish arts and crafts in the only shop of its kind west of Warsaw and receive an imported ornament. Shop next door for some Polish sausage. Enjoy a Polish hot lunch at Polonia Polish Restaurant (included). Sample fresh and smoked sausages, stuffed cabbage, pierogies, kapusta (kraut), and kopytka (potato noodles) accompanied by authentic Polish accordion music. After lunch, relax on the bus for a brief tour of Hamtramck and see Pope's and Veterans' Parks. The tour will conclude with historic St. Florian's Church. Before departing, stop at a Polish bakery for a treat to enjoy on the way home. Spend a day in Poland without leaving Michigan!

"Forever Plaid", Theatre at the Center, Munster, Indiana

Thursday, November 15

This smash hit musical about the famous singing group, The Plaids, "*will put a smile on your face, a hum in your throat and a tap to your feet*", says the New York Post! These tuneful holiday standards have all been "Plaid-erized", as our boys are back to do their first Christmas

Travel continued on pg. 19



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Travel continued from pg. 18

special. They've been summoned by a heavenly Rosemary Clooney to put a little harmony into a discordant world. Sprinkled among the presents are their riotous version of The Ed Sullivan Show featuring the Rockettes, The Chipmunks, and The Vienna Boys Choir, and a Plaid Caribbean Christmas. Lunch included.

"An Olde Fashioned Christmas", Cornwell's Dinner Theater, Marshall

Wednesday, December 5

Set the stage for your perfect Christmas season! This is a classic Christmas story that unwraps and delivers Christmas surprise after Christmas surprise. Join us as David takes his friends, family and you back to a Christmas with no cell phones, no computers, making your Grandma's favorite recipes and cutting down their tree and is packed with all of your favorite songs. Includes lunch.

NEW! Radio City Rockettes Christmas Spectacular,

Rosemont, Illinois

Wednesday, December 19

Radio City Christmas Spectacular starring The Rockettes triumphantly return to Chicago with an all new show. It's more spectacular than ever before! Features brand new scenes, new sets and costumes, breathtaking special effects and an unforgettable new finale! If you've never seen it go! If you have seen it, go again! Includes lunch at The Carlucci, among Chicago's top 50 restaurants.



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. Pre-trip meeting: Monday, July 23 at 4:15 PM.

A Capitol Adventure, Washington, D.C. and Pennsylvania **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. Pre-trip meeting: Monday, August 27 at 10:00 AM.

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, Louisville, Kentucky **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!

Fun 2013 Getaways!

California Coast

February 21-27, 2013

Special features include Amtrak's Coast Starlight journey from Los Angeles to Salina, with unsurpassed scenery along the route, and a stay on the historic Queen Mary in Long Beach! Sponsored by Shoreline Tours

Travel continued on pg. 20



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Travel continued from pg. 19

A Florida Gulf Coast Vacation, St. Pete's Beach, Florida
February 21-27, 2013

Escape the Michigan snow, soak up the Florida sunshine and experience Florida's natural beauty when you visit the St. Pete Beach area! Do as much or as little as your heart desires - swim in the pool, stroll along the beach and venture into St. Pete's to visit the Salvadore Dali Museum. You can even watch the Tigers play in spring training, visit the Hard Rock Casino, and go to Fort DeSoto for a picnic. Enjoy all of this and more when you stay at the Dolphin Beach Resort, located directly on the Gulf Coast! Sponsored by Ed & Ted's Excellent Adventures

From the Outback to the Glaciers
April 11-30, 2013

Cross the International Dateline with us as we journey to Australia and New Zealand! This 20-day, 25 meal trip has it all. Explore the Outback to Alice Springs and Ayers Rock; meet an Aboriginal group; enjoy a catamaran and glass bottom boat excursion on the Great Barrier Reef; visits to Melbourne, Sydney, Christchurch, Franz Joseph Glacier, Milford Sound, Queenstown, Mt. Cook and more. Call for brochure and get in on \$500 early booking discount. Sponsored by Collette Vacations

England, Scotland and Wales
September 12-21, 2013

Walk the same paths as legendary royalty and immortal literary masters. Discover three distinct destinations, each with its own traditions and customs, yet all sharing a fascinating history and heritage. Includes visits to London, Stonehenge, Bath, Oxford, Stratford-upon-Avon, Cotswolds, Lake District, York, Chester, Snowdonia, Edinburgh and more. Optional Ireland extension available. Call for brochure and get in on \$250 early booking discount. Sponsored by Collette Vacations

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